

Woman's Day

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2015

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FRESH,
SEASONAL
DECOR



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"As a mother comforts her child, so I will comfort you; in Jerusalem you shall find your comfort."

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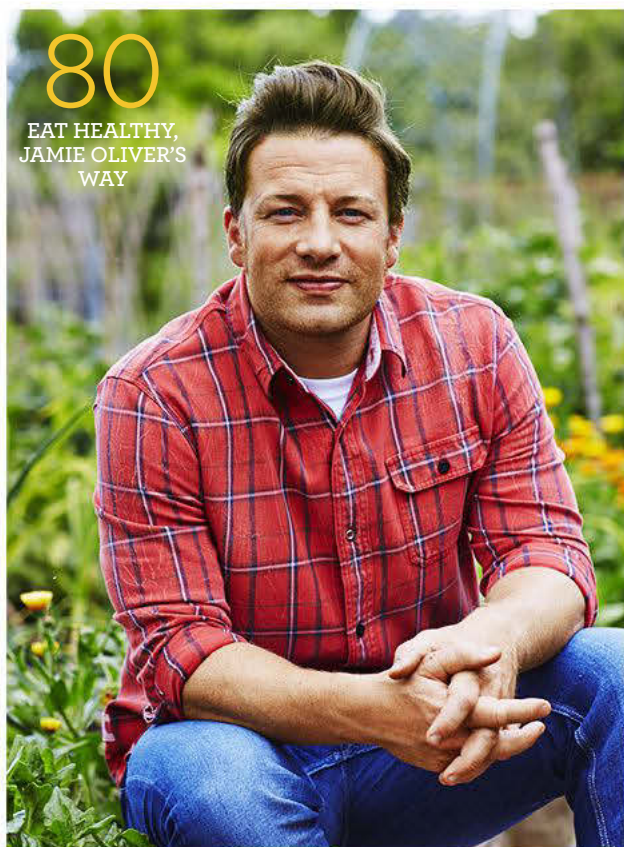
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HAPPY MOTHER'S DAY! Woman's Day



“This was one of those moments when I realized my mom and I are more alike than we are different—and that’s a good thing.”

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“This was the first time my grandmother saw and held her first great-grandchild.”



“For most of my childhood my mom called me her ‘little peanut,’ probably because it looked like I was storing nuts for the winter.”



“I just stopped my mom from cooking a big family dinner to give her a hug (and snap this photo!). I try as often as I can to remind her how much she’s appreciated.”



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Woman's Day

WE ASKED WD STAFFERS TO TELL US WHY THEIR CAT OR DOG IS A GOOD PET

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Sharon's dog, Mollie, is always up for a game of hide-and-seek.



Kate's pooch, Kerbey, shares his mom's passion for fashion.



Owen's cat Ariel is always on the lookout for intruders.



Cathy's cat, Leo, is happy to share with his dog-sister, Halle.

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Ready to Launch

I've been thinking a lot about motherhood lately, and not just because we put together this May issue with moms in mind. I'm at that stage of life where my own mothering is about to change radically. This month, my daughter Charlotte turns 18, which, in the eyes of the law, means she's an adult and can vote and do other cool things. More importantly, it means she is leaving home—this fall she's going to college.

Many mothers far wiser than me have told me that this transition is one of both joy and sadness. I'll admit there's a part of me that won't miss the benevolent tornado that she brings to my life (and I am looking forward to clearing out the dark pit that is her bedroom). There's another part that feels a little whipsawed... wasn't she just, five minutes ago, climbing into my lap and asking me to read her a story?

Now I have to switch to a mothering mode that involves me taking a giant step away from her. She is starting a new life, where she will make choices that I may not agree with, let alone know about. I'll still be with her—she can't escape the voice in her head telling her to wear SPF and eat her vegetables—but I won't be physically there.

Of course I'll never stop being her mother, which means that my least favorite part of parenting—constant worry—will never end. And I'm sure that mothering from a distance will have its bumps. But I have faith that my kid will do just fine. She has a giant heart and is already heading on a path that her dad and I are enormously proud of. She's ready to launch. Happy Mother's Day.

Susan

Susan Spencer
Editor-in-Chief
susan@womansday.com



Charlotte and I got all fancy for this year's Red Dress Awards, but normally you'll find us in our jammies, watching "Scandal on Netflix."

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TAKE THE CHALLENGE!

The *Woman's Day* Live Longer & Stronger Challenge has helped 10 women lower their risk of heart disease and lose weight. Now, we're bringing the challenge to your doorstep! Look for the LL&S tour bus at Walmart in Northern New Jersey (May 16), Atlanta (May 20), Orlando (May 23), Dallas (May 27), Los Angeles (May 30) and Chicago (June 3). Visit us and apply to be one of our 2015 Challenge participants! You can also meet WD editors and pick up freebies from sponsors Culturelle, Ensure, Garnier, L'Oréal Paris, Nudges, Osteo Bi-Flex and TENA. For more information, visit womansday.com/livelongertour.

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Dear Woman'sDay

Stories, thank-yous and terrific tips from readers like you.

Pretty jewelry

I was happy to see Emilina Ballerina from Etsy in "Fun Finds \$20 and Under" [February 2015]. Sometimes I feel like Etsy is overlooked as a marketplace, but I know many people who sell beautiful things through the site, and I am proud to be a part of the Etsy family with my own Nani jewelry line.

MICHAELA FRAKES-ZIEGER
Clinton Township, MI

Eating well for all

Thanks for sharing the tip about donating boxes of almond milk to food banks ["The Kindness Project: Giving Groceries," February 2015]. I always drop off nutritious and long-lasting items like dried fruits and grains to local pantries, because if someone's having a problem affording food, that shouldn't mean they have to give up access to healthy and delicious meals.

HEATHER MOORE, Sarasota, FL

» Go to womansday.com/hunger for other ideas on what to give.

Louise Rampersaud wrote "Saving Her Family" [August 2014] about her husband Richard's battle with vascular Ehlers-Danlos syndrome. WD was saddened to hear he recently passed away. For info on EDS or to donate, go to johnritterfoundation.org or ehlersdanlosnetwork.org.



LEFT: STUART TYSON/STUDIO D. RIGHT: JOHN DOLAN.

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Money harmony

Just wanted to say that I love Dave Ramsey and Rachel Cruze's column. My husband and I took one of his classes in our first year of marriage when we were fresh out of college and up to our eyeballs in student loan debt. The course got us on the same page financially, and I can honestly say we've never once fought about money.

LINDSAY ZINZOW, Akron, OH

» To read the latest Family Finance column, go to womansday.com/talkingaboutmoney.

SEND US YOUR
FEEDBACK

Write to us at womansday@hearth.com or
Woman's Day, 300 West 57th Street, New York, NY 10019.

Savings bonanza

If it weren't for "How to Save More at Big-Box Stores" [February 2015], I never would have known about the huge savings available through Costco's mail-order pharmacy. It even offers free shipping! I'm now spending \$50 less for prescription meds than I did through my insurance company. Thank you!

KARRIE LOHR, Freeport, IL

» Find more savings tips at womansday.com/bigbox.

Looking forward

I love the inspiring stories in *Woman's Day*, and the Bible verse is the first thing I look at each month.

MARGIE MICHENER, St. James City, FL

WD
INSPIRATION!

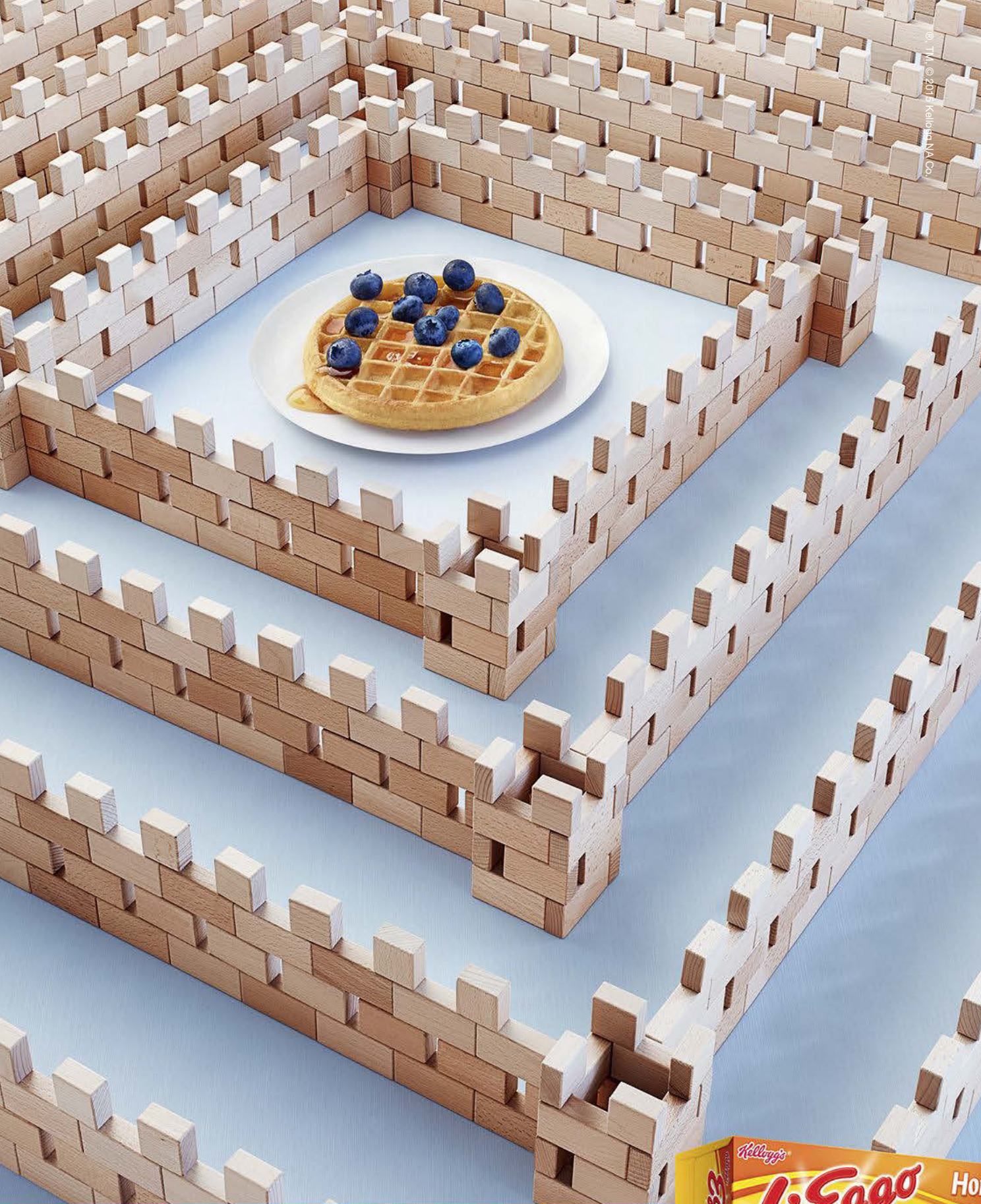


My mother, Jeanne Gustafson, was so taken with the Snow Angel cookies on the December 2013 *Woman's Day* cover that she made a crib quilt using them as inspiration. With seven children, 20 grandchildren and 32 great-grandchildren, she stays busy making quilts.

LANE GUSTAFSON DEVEREUX, Houston

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Your Kind Acts

Whether done solo or as a group, our readers' generous deeds show what happens when action follows heart.

» I'm a member of the Assistance League of Palm Springs Desert Area, and we host an annual baby shower luncheon for active-duty women and spouses of military personnel who are expecting their first child. It's a way to show thanks and support for those who may be far from family and friends during this exciting and challenging time.

JILL BEIGHLEY, Palm Springs, CA



Honored ladies with event chairperson Lupe Roberts (center).



This is my fifth year of being "The Listening Ear" at Sinai Hospital in Baltimore. The program began after the doctor who treated my husband in the intensive care unit asked me to share my experience with patients' loved ones in hopes that talking would help them during a difficult time. When the wife of a patient told me how much my visits meant, I was truly honored.

RENA ROTENBERG, Baltimore

» Every week, I mail cards to the people in my life. Since you never know what each day may bring, that card could be the one thing that gives them a sign of hope or feeling of love.

MICHELLE GARNER, South Coffeyville, OK

» After my mom mentioned that she always forgot to buy items for our local food pantry because the donation bins were at the exit of our grocery store, I decided to come up with a way to help people give. So I started the Blue-Bag It program: I set up a table at the store's entrance, where I offered shoppers a blue bag along with a list of the pantry's most-needed items. This way people could keep their purchases separate from their donations as they shopped, then drop off their blue bag as they left the store. With the help of volunteers and the approval of the store manager, the program now runs year-round.

JANE GAROFALO, Durham, NH



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Snap for a chance to win the products on this page. See below.



« 10 winners will receive a **Picnic at Ascot Promenade Garden Bag Set** from overstock.com, which includes three stainless steel tools with comfort grip handles. Value, \$55.



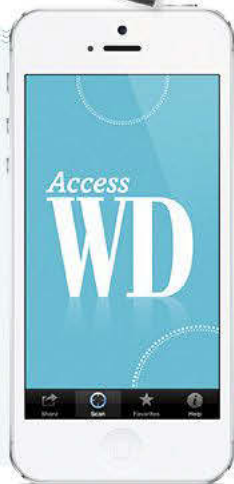
« 6 winners will receive a **Deluxe Tractor Scoot** with Bucket Basket from Gardener's Supply Company. The swiveling chair allows you to access all areas of your garden with ease, and your knees and back will appreciate the break! Value, \$89.95.



« 6 winners will receive a **Roses Watering Can** and a pair of **Flower Stem Garden Gloves** designed by Wild & Wolf, courtesy of burkedecor.com. With the help of this duo, your seedlings will flourish and blossom. Value, \$72.



« Keep insects far, far away! 12 winners will receive a **Stinger No Touch Fly Trap** and a **Mosquito Repellent Lantern**. Value, \$25.



SNAP FOR MORE WD

Ready!

Download the free **Access WD** app on your smartphone device from the App Store or Google Play Store. Or visit scannow.mobi/wd on your phone to download.



Set!

Center your device 4 to 7 inches above the **Access WD** icon and let your camera focus until you hear a chime.

Snap!

Look for these icons throughout the issue:



Snap to win



Snap to buy



Snap to watch



Snap to take a poll



Snap for a shopping list



Snap to see more

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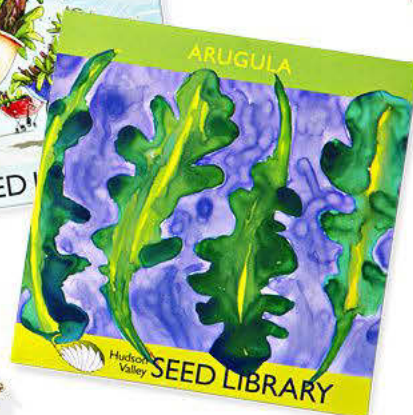
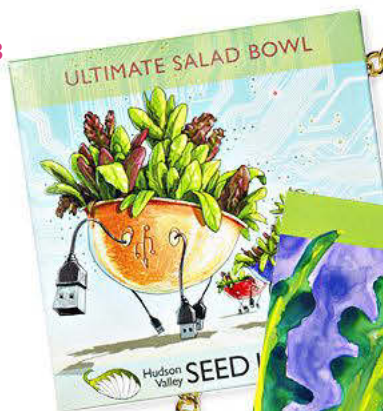


» PETITE POT

Pebble Bud
Vase, \$18;
leifshop.com

» GREEN THUMB

Heirloom Seed Art
Packets, \$19 for set
of 5; food52.com



« DAISY CHAIN

Flower Dance Necklace,
\$15; charmingcharlie.com

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» JUST- PICKED SCENT

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in Radish, \$20;
producecandles.com



Snap to buy
the products
on these pages.
Get the WD
app, page 22.

Binge Eating Disorder (B.E.D.)

“While bingeing, my eating was uncontrollable. And it wasn’t about being hungry or not being hungry.”

Monica Seles

Tennis Champion, Best-Selling Author



Binge Eating Disorder is a real medical condition and is the most common eating disorder among US adults.



While the exact cause of B.E.D. is unknown, chemicals in the brain, family history, and certain life experiences may play a role. In adults with B.E.D., binges take place at least once a week over 3 months, in addition to other criteria. During each binge, they:

- Eat much more than others in a similar period of time
- Eat uncontrollably
- End up very upset

Unlike people with other eating disorders, adults with B.E.D. don’t routinely try to “undo” their excessive eating with extreme actions like throwing up or over-exercising.

For a more complete list of symptoms, go to **BingeEatingDisorder.com**, then talk with your doctor.

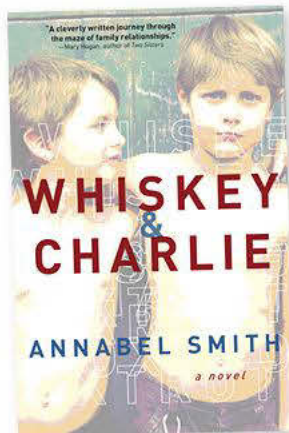


Readers' Circle

Looking for your group's next title?
Try this new release, reviewed by the
Chick Lits book club of Akron, PA.



Back row, from left: Erin Hibshman, Sarah Lightman, Elizabeth Phillips, Heather Hibshman, Kim Bell. Front row, from left: Carol Burkholder, Marie Hibshman, Gail Hibshman.

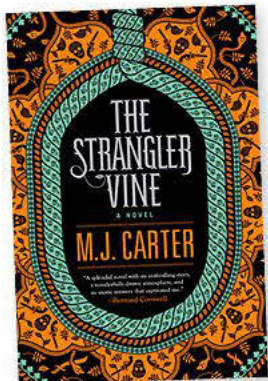


Whiskey & Charlie by Annabel Smith (\$14.99; April 7)

We unanimously loved this novel, which rarely happens!" says Kim Bell, one of the club's members. The story moves back through time to unravel the strained relationship between twin brothers with dramatically different personalities. Growing up, Charlie feels isolated, always living in the shadow of the outgoing and confident Whiskey. But when an accident leaves Whiskey in a coma at age 32, Charlie deals with feelings of resentment, guilt and forgiveness as he contemplates their rocky past. "This book made us reflect on our own relationships," says member Gail Hibshman. "We cared about the characters and couldn't put it down!"

WD
PICKS

More great reads to share

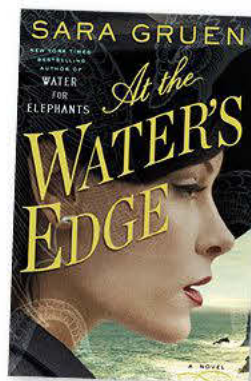
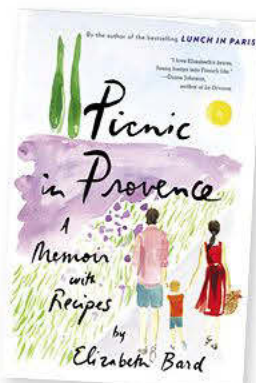


The Strangler Vine
by M.J. Carter
(\$28; in stores)

Set in Colonial India in 1837, this action-packed historical novel follows Avery, a reluctant junior officer in the East India Company, as he searches for a famous author who has been reported missing. In traveling along dangerous roads with prickly companions, he discovers some dark truths about his employers—and himself.

Picnic in Provence
by Elizabeth Bard
(\$26; April 7)

This charming follow-up to the author's bestselling *Lunch in Paris* takes us through the next period in Elizabeth's life, when she moves with her family from Paris to a small town in the south of France. Each chapter weaves her take on rural living and new motherhood with recipes to bring the tastes of Provence off the page and onto your table.



At the Water's Edge
by Sara Gruen
(\$28; in stores)

On New Year's Eve 1944, Maddie is living comfortably in Philadelphia with a handsome, well-to-do husband. But when he suddenly drags her to Scotland in search of the Loch Ness monster, Maddie is forced to rethink her way of life and the people in it.

Calling all book clubs! Want to help WD review new titles? Send a note about your group to wdfeatures@hearst.com.

THE CHICK LITS BOOK CLUB

Founded in 2014

Their setup The group, whose participants range in age from 28 to 70, meets at members' homes every six weeks, where they share a potluck meal.

They also loved *The Storied Life of A. J. Fikry* by Gabrielle Charbonnet

Favorite memory After reading *Extremely Loud & Incredibly Close* by Jonathan Safran Foer, the group was divided: Older women disliked the story, while younger ones loved it. But as the debate heated up, they shared personal stories and got to know one another better. "I'm grateful we have such a wide range of age and experience in the club," says member Heather Hibshman. "It would be boring if we always agreed!"



Snap to win a copy of *At the Water's Edge* signed by Sara Gruen, who is also the author of the bestselling book *Water for Elephants*. Get the WD app, page 22.

CLEVER USES FOR

Dryer Sheets

Get a load of these who-knew? ideas.

1

Silence squeaks

When rubber-soled shoes make contact with the floor, the friction sometimes causes a high-pitched chirp. Run a dryer sheet on your soles—the residue from the fabric softener will minimize friction *and* sound.

2

Prevent bug bites

Tie a Bounce dryer sheet to your lawn chair or belt loop to ward off pesky insects. Linalool and beta-citronellol, chemicals found in this specific brand, repel mosquitoes.

3

Calm pets

Thunder may not be the only reason your dog hides during storms. Static electricity can fill the air and accumulate in your pet's coat, causing discomfort and anxiety. To put your pup at ease, rub an unscented dryer sheet across his body to prevent static from building up.

4

De-gunk hairbrushes

Place a dryer sheet in a bowl of warm water, add brushes and let soak for 30 minutes. The fabric softener on the dryer sheet will help break down grime so it's easy to remove with a cloth or toothbrush.

5

Revive your iron

To clean the metal plate, lay out two sheets of paper towel, with a dryer sheet on one of them. Run the warm iron across the dryer sheet, then over the second towel.

DID YOU KNOW?

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SNAP TO LEARN MORE
GET THE WD APP, PAGE 22.

Q How do I get over my fear of shapewear?

JANET BARRYMORE, Boston

Girl, there ain't no shame in shapewear! If there were, they'd call it *shamewear*, which they don't. Do you need to wear it every day? Heck no. But it helps for special occasions or when you're feeling less than confident.

And despite what this lovely model is illustrating, you don't need to put on all of these key pieces at once!

A few things to keep in mind:

1. Bring the piece into the dressing room.

Move around in it and make sure you can't see it through the clothes you're trying on.

2. Do a test run. Wear it around the house or to the supermarket—the night of the big party isn't the time to discover you can't breathe.



CLINTON KELLY
WD's columnist
is cohost of
ABC's *The Chew*.
Email him your
home, food or
style questions:
[WDfeatures@
hearst.com](mailto:WDfeatures@hearst.com).



WD PICK

Comfort
Devotion Smooth
Body WYOB
Full Slip, \$59;
maidenform.com

Slimming Slip

If you've had children or you carry your weight around your midsection, you might feel self-conscious about your abdomen. But don't let that prevent you from wearing beautiful things. If you've ever had shapewear roll down your stomach over the course of a big night out, a bodysuit will stay in place, well, forever.



WD PICK

Thigh Tamer

For help with "saddlebags" or thigh bumps, try one under pencil skirts, fitted dresses or pants in clingy fabrics like silk or crepe. Make sure it has enough grip at the bottom so it stays in place and doesn't roll up your leg. Also, make sure it isn't too small, otherwise it will cut into your leg, leaving you with double-bubble thighs.

Naomi & Nicole Inside Magic Extra Firm
High-Waist Thigh Slimmer, \$42; kohls.com



WD PICK

Assets Red
Hot Label
by Spanx
4-Way Tank,
\$44; qvc.com

Shaper Tank

This acts as a layering piece, much like a camisole, and is good for tummy smoothing. They come in varying degrees of elasticity, depending on how much flattening you need (and how much pressure you can handle).



WD PICK

Smoothing Panty

If your derrière is giving you grief, this is meant to eliminate any... um...butt dimples.

Olga Without a Stitch Shaping Brief,
\$14; kohls.com

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“Drew’s team
at the hospital
called him the
‘miracle kid.’”

Drew’s mom, Jennifer D’Auteuil

Mom POWER

WHEN HER SON WAS STRUCK WITH A POTENTIALLY FATAL ILLNESS, JENNIFER D'AUTEUIL FELT SO ALONE. THEN A GROUP OF WOMEN SHE'D NEVER MET CAME THROUGH FOR HER.

BY PAULA DERROW • PHOTOGRAPHED BY BRIAN DOBEN

In the spring of 2009, Jennifer D'Auteuil noticed a rash and unusual bruising on her youngest son, Drew. Doctors quickly diagnosed the 10-year-old with an acute case of aplastic anemia (AA), a rare disease that affects only 500 people in the U.S. each year. Drew hadn't responded to drug therapy, so six months after his diagnosis, Jen, 47, of Amherst, NH, sat at a computer Googling "aplastic anemia," "kids" and "New Hampshire," looking for anyone who'd been through what her family was experiencing. Nothing. Then she searched every single state in the country.

As his mother combed the Internet, Drew lay in a germ-free room in Boston Children's Hospital, recovering from a bone marrow transplant—the only other treatment for aplastic anemia. With AA, the bone marrow stops producing platelets and blood cells, and the immune system crashes. Drew was at high risk for uncontrolled bleeding, infection and multiple organ failure. "This is a boy who played soccer and never missed school!" says Jen, a nurse.

Even more than information, Jen, who also has twin boys, Kevin and Ryan, then 14, with her husband Pete, craved support. The cause of AA is not known, and there were no online support groups or social

networks, let alone colored ribbons or survivor walks. "It was brutal not having anyone beyond my husband to cry with, to say, 'Yes, I went through that too.'"

The day-to-day of families facing AA is exceptionally lonely. Patients are in and out of the hospital with infections and must be confined to rooms with interlocking doors and negative air pressure to keep germs out. When Drew was home, Jen had to create

similarly sanitary conditions. That meant no visitors. "No friends, no relatives, no one except for a tutor, as long as she was masked and washed her hands frequently," Jen says. The family stayed in their rooms if they came down with colds and ran their toothbrushes through the dishwasher nightly.

All she did, Jen says, was clean obsessively. "I'd get up in the middle of the night, worried that I'd missed something, and start all over again. It was horrifying," Jen recalls. "If someone used a towel, it had to go right into the wash to prevent Drew from touching it. I literally scrubbed the numbers and letters off our computer keyboards." The loneliness and anxiety, and the



guilt of not being able to pay much attention to Kevin and Ryan, she says, “was overwhelming.”

CONNECTION MADE

Which is why Jen’s heart leapt when her Internet search finally turned up another mom, Alaina Palomino, who lived in California and had a son with AA. Jen reached out, asking if they could connect. “I told her I felt so lonely,” Alaina emailed right back: “Oh, my God—you are not alone,” she wrote. Then she gave Jen the names of two more mothers of AA kids.

One of those was Jennifer Barrios of Los Angeles, whose son Ethan had had a bone marrow transplant eight days before Drew. “The boys were so closely aligned. I couldn’t

believe I’d found another family going through this.” Over the next few days, the two Jennifers batted emails and texts back and forth. “It doesn’t seem possible to love someone you’ve never seen, but I felt as though I loved this woman,” Jen recalls. “She had an amazing ability to call me at the exact moment I needed support—night or day.”

The two Jennifers helped each other through the grueling waiting period after their sons’ marrow transplants—for a year, the patient lives in isolation to avoid infection. When Drew’s white blood cell count rose above 500 (a sign that the body is producing its own blood cells and the transplant is working), Jennifer Barrios was the first person Jen

texted. “Ethan was already beyond that and doing great—and she texted me right back, ‘We knew this was going to happen! Now our boys are both on their way. I love you—I told you we’d get through this!’” Jen says.

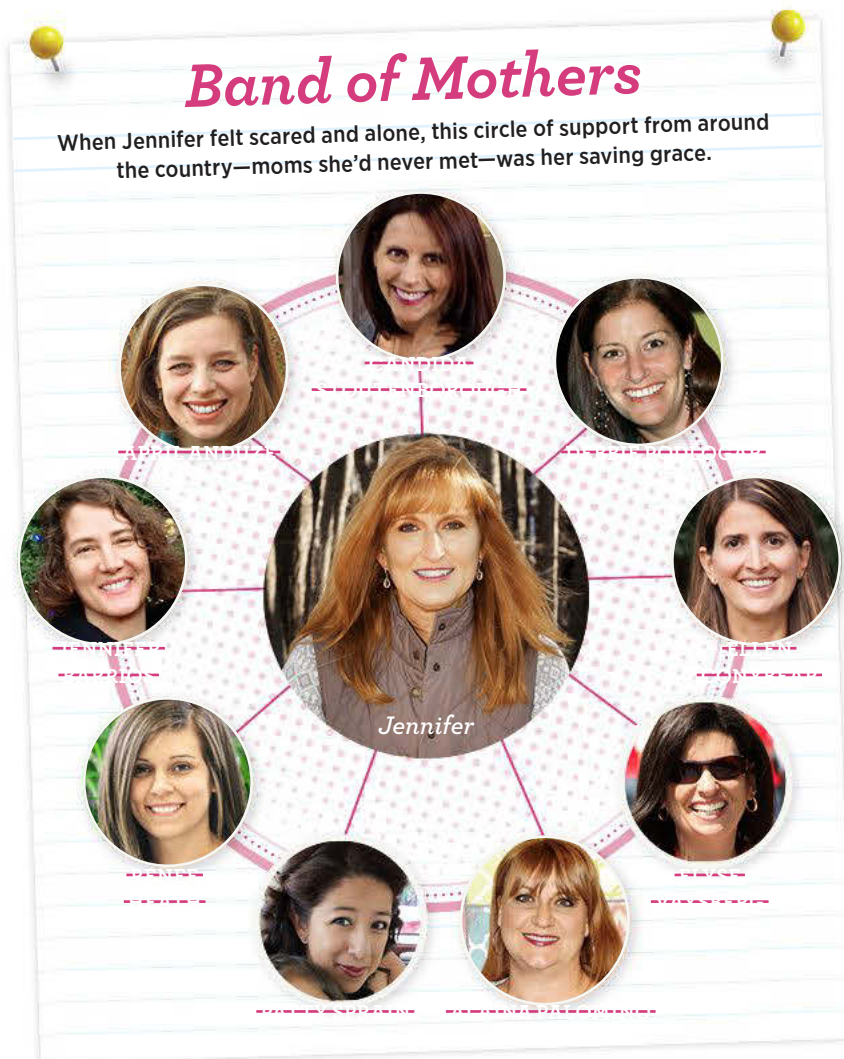
GROWING GROUP

All told, including Jen, there were 10 AA moms—several in California, one in Texas, one in Kentucky, one in Louisiana—and the women connected on Facebook multiple times a day. “It felt important to have validation that our kids were getting the right treatment,” Jen explains. “We’d compare drug reactions, talk about next steps. It was huge.”




Jen dubbed her crew the “Band of Mothers.” “We’d get into these states where we’d fantasize about leaving our husbands at home, meeting up and drinking margaritas,” Jen laughs. “Maybe it was the stress of being cooped up and all the cleaning or maybe it was the fear, but we liked to get snarky and make one another laugh. Without them, I would have become a raving lunatic.”

But just when things were looking up, Drew’s health took a bad turn. On April 10, 2010, Jen and Pete went out for dessert with friends—the first time they’d socialized since Drew got sick. When Jen came home and heard Drew coughing, she wasn’t too worried. “He looked fine. It had been five months since the transplant. We had only seven months before we could start living normally again.” Still, the doctor suggested she bring Drew in the next day, just to be safe.

At the hospital, all hell broke loose. Drew was taken to the ICU, his lungs failed and he began losing consciousness. “Basically, he was crashing. They had to put him on a ventilator—that’s the hardest thing for a parent to watch,” Jen says with tears in her voice. The team of doctors couldn’t explain why.



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Jennifer Barrios (left) and Jennifer D'Auteuil in Venice Beach, CA, in 2014.

By Tuesday morning, Drew was in total organ failure. “One doctor asked me if I believed in God. I said I did, and she told me to pray.” Jen called in a priest and let the twins see Drew for what might be the last time. “He had tubes everywhere. Ryan couldn’t look at him; Kevin just burst into tears.” Jen fired off an email to Jen Barrios telling her how sick Drew was, then stayed by his side. “I wanted to talk with her in the worst way,” says Jen, “but I knew that all I would do is cry.”

VIRTUAL PRAYERS

Messages of support queued up in Jen’s powered-off phone, and gifts also began arriving. One mom sent an “angel of hope,” which Jen pinned to Drew’s pillow; another sent a stuffed dinosaur in a Boston Red Sox shirt (Drew’s favorite team); one mailed written prayers; and another overnighted a box of spa products for Jen.

In the end, the moms’ collective will seems to have made all the

difference. A few days later, one of Drew’s doctors came into his room smiling. Drew’s lungs had improved overnight. “The chief of the ER told us, ‘We don’t know why and we don’t care, but he’s getting better,’” Jen says. The team at Boston Children’s told the D’Auteuils that Drew’s recovery was unlike anything they’d seen.

When Jen finally saw the days’ worth of messages, she was floored. “All these women had children with AA. I wouldn’t have been surprised if what happened to Drew caused them to back away in fear. Instead, they were all there for me.”

Over the next months, the moms discussed how to help others dealing with AA. The result was a Facebook group Jen created in 2012, “Band of Mothers in the Fight Against Aplastic Anemia.” It now has more than 800 members in 16 countries. Thankfully, all 10 kids in Jen’s circle are thriving, and some of the families gathered in Los Angeles in person last year. “When we all met at the airport, the waterworks started immediately,” Jen laughs. “It was surreal, being able to hug, seeing all of our beautiful, healthy kids together.”

Perhaps the most amazing thing about the trip, says Jen, is just how normal it was. “At one point I realized that Jennifer and I had been together for hours and that we hadn’t mentioned aplastic anemia at all,” she says. “We were talking like regular people.” Jennifer is thankful for those ordinary moments. “You appreciate the little things so much more,” she says.

BECOME A BONE MARROW DONOR

If you’re 18 to 44 and in good health, go to bethematch.org, the largest bone marrow registry in the world, and click on “Donate bone marrow” to learn about eligibility. The procedure doesn’t hurt, and you can be back at work in a matter of days. All proceeds of Jen’s book, *Anatomy of a Miracle: Drew’s Story* (Amazon), benefit various charities, including Be the Match.

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Woman's Day RED DRESS AWARDS

Woman's Day painted the town red in support of women's heart health on February 10, 2015, at New York City's Jazz at Lincoln Center.

Hosted by Emmy Award-winning host, author and executive producer of Bravo's *Watch What Happens Live*, **Andy Cohen**, the evening honored heart health advocates **Andie MacDowell**; **Margaret A. Hamburg, MD**; **CVS Health**; **Jennifer Donelan**; **Virginia Miller, PhD**, and **Joanne Christaldi, PhD, RDN**. In addition to the heartfelt tributes, Woman's Day nutrition columnist and *TODAY* show contributor **Joy Bauer, RDN**, took to the stage and proudly introduced the four remarkable women who successfully completed the 2014 *Woman's Day Live Longer & Stronger Challenge*.

The evening's entertainment was introduced by co-host of the fourth hour of *TODAY*, **Hoda Kotb**, and featured performances by season five winner of NBC's *The Voice*, **Tessanne Chin**. Rock and Roll Hall of Fame icon **Elvis Costello** closed the show with an awe-inspiring set that had the audience leaping to their feet.

Woman's Day extends a special thanks to our sponsors: **Campbell Soup Company**, **UnitedHealthcare**, **CocoaVia**, **Lenox**, **Lands' End** and **Rosa Regale Sparkling Red Wine**. To learn more, visit womansday.com/reddressawards.



1 Red Dress Awards Host Andy Cohen 2 Red Dress Awards Honoree and Actress Andie MacDowell 3 Woman's Day Editor-in-Chief Susan Spencer; Diane Slayton, VP, Consumer Marketing, UnitedHealthcare; Michaela Diercks, VP, Commercial Marketing, UnitedHealthcare; Elizabeth Winsor, UnitedHealthcare National Accounts CEO; Yasmine Winkler, Chief Marketing, Product & Innovation Officer, UnitedHealthcare; Kassie Means, Publisher & Chief Revenue Officer, Woman's Day 4 Heart-healthy appetizers from Campbell's 5 Rosa Regale, the official sparkling red wine of the Red Dress Awards 6 Campbell Soup Company President & Chief Executive Officer Denise Morrison; Star Jones and Laura Bell Bundy, American Heart Association National Volunteers; Nancy Brown, Chief Executive Officer, American Heart Association 7 Red Dress Awards Honoree and Heart Truth Ambassador Jennifer Donelan 8 The CocoaVia team hits the red carpet 9 The excitement continues at the after party 10 Dance troupe and opening



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act All That! 11 The Broadway Boys 12 Campbell Soup Company lights up the red carpet 13 Campbell's Healthy Heart Award recipient Joanne Christaldi and Campbell Soup Company President & Chief Executive Officer, Denise Morrison 14 A spectacular glowing heart illuminated the Atrium 15 Music Legend Elvis Costello 16 Musical Segment Host Hoda Kotb with Joy Bauer, RDN 17 Phyllis Greenberger presents Virginia M. Miller, PhD, with the Red Dress Award by Lenox 18 Red Dress Awards gift bags, courtesy of Lands' End 19 TV personalities, Caroline and Albie Manzo 20 Red Dress Awards Honoree and former FDA Commissioner Margaret A. Hamburg, MD 21 Guests spread the healthy heart message in the UnitedHealthcare photo booth 22 Tessanne Kelly styled the *Live Longer & Stronger Challenge* women in dresses and accessories, courtesy of Macy's 24 Campbell's Chefs Maria Gamble, Carrie Welt and Tom Griffiths with Stacy Kimmel, Director R&D, Soup 25 Daphne Oz, Co-Host of ABC's *The Chew* 26 Helena Foulkes accepting the Red Dress Award on behalf of CVS Health 27 The Sun Products team strikes a pose

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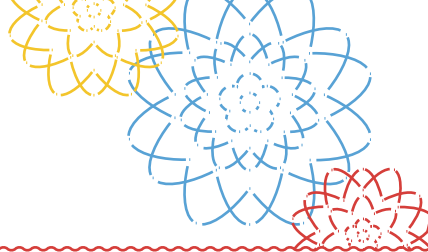
FreeStyle

Precision Neo

Blood Glucose Monitoring System

For In Vitro Diagnostic Use. FreeStyle Precision Neo blood glucose test strips are intended to be used with FreeStyle Precision Neo meters only.
*Savings based on comparison to list prices of major brands at retailers; data on file. You may not realize savings relative to your prescription copay. Check your insurance coverage and copay to determine whether FreeStyle Precision Neo can save you money. FreeStyle and related brand marks are trademarks of Abbott Diabetes Care Inc. in various jurisdictions.

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Home

*Fake flowers
will weather
the elements.*

WELCOME
Spring

Willow Branch
Wreath Form, \$10.99;
craftoutlet.com

Dress up a willow branch wreath form by weaving in faux forsythia. When you're ready for a change, replace the flowers with one of these crafty accessories.

DRAGONFLIES

Attach a small swarm of these winged creatures (\$7.25 for 12; craftoutlet.com) up one side of the wreath.



POMPOMS

Suspend a few raffia poufs (for how-to, visit womansday.com/pompoms) inside the wreath at varying heights.



PAPER LEAVES

To create the look of colorful vines, hot-glue 3" pieces of wire to leaves cut from cardstock, then twist around the branches.



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... that's before the bikini.

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Solve Your Biggest **KITCHEN PROBLEMS**

No, you don't need a gut renovation! These quick, budget-friendly solutions make the most of your home's busiest room.



1

THE PROBLEM

“I DON'T HAVE ENOUGH COUNTER SPACE!”

The Fix Add an island—or, if you're short on space, a modular cart. You'll have an additional work surface to use as a prep area, and the extra storage underneath will free up even more of the countertop. DIY by adding casters to a tall table to make it portable.



◀ Hopper Storage Cart, \$259; homedecorators.com



2

THE PROBLEM

“IT LOOKS MESSY—
EVEN WHEN IT ISN’T.”

The Fix Take pretty pieces, like coordinating dishes and platters or decorative cutting boards, out of covered cabinets and display on open shelving or a space-saving picture ledge. In their place, stash small appliances and other items to make counters appear less chaotic.

» Zipcode Design Picture
Frame Floating Wall
Ledge, \$35;
wayfair.com



Position these **Brushed Nickel Mini Pendants** (\$39.88 for 3; homedepot.com) over an island, sink or anywhere you need extra light.



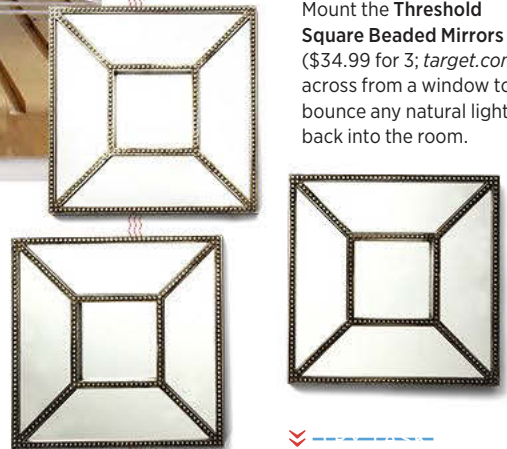
THE PROBLEM

“IT’S ALWAYS SO
DARK IN HERE!”

The Fix

Get creative with customized lighting to illuminate every corner of your cook space.

Mount the **Threshold Square Beaded Mirrors** (\$34.99 for 3; target.com) across from a window to bounce any natural light back into the room.



A few wire-free, battery-operated **LED Commercial Electric Puck Lights** (\$9.97 for 3; homedepot.com) under the cabinets help you see what you’re chopping.



4

THE PROBLEM

“MY CABINETS ARE SO OLD.”

The Fix

Skip the tedious task of painting or replacing the doors. Instead, spruce up the surrounding details to give your kitchen a fresh look.



Change out pulls, knobs and handles on everything from pantry doors to appliances for a quick makeover. Browse by material, style or finish on coolknobsandpulls.com for one-stop shopping.

Brand Heritage Antique Pewter Knob, \$1.97



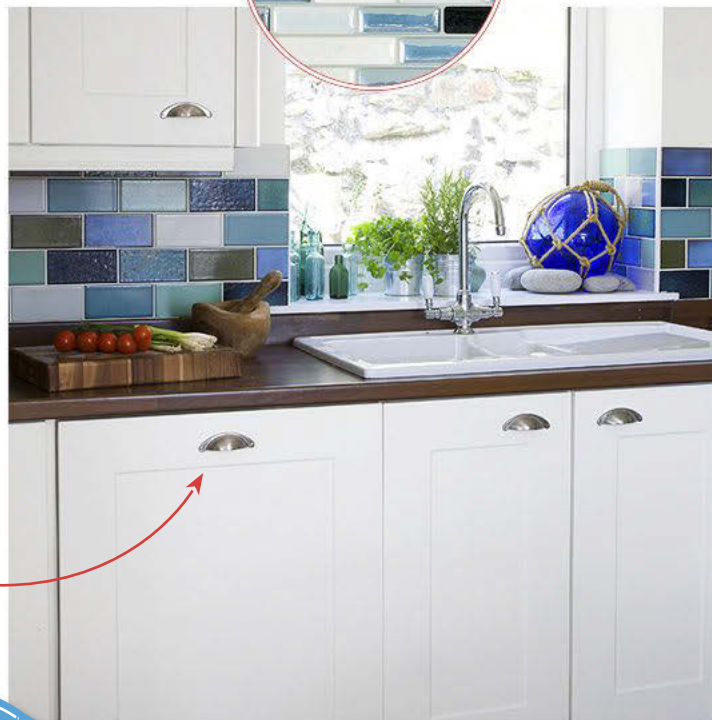
English Cup Pull, \$4.29



Amerock Satin Nickel Pull, \$3.71



» Overhaul a tired backsplash with adhesive-backed **Smart Tiles** (\$7.98 per 9" x 10" sheet; thesmarttiles.com). They stick right over the existing backsplash or painted walls.



5

THE PROBLEM

“I CAN ONLY BAKE ONE DISH AT A TIME.”

The Fix

Upgrade to an oven with two separate heating zones, or replace your microwave with a convection oven and you can prepare multiple dishes at once.

CLEAN SLATE
Give a dingy dishwasher door or scratched refrigerator new life by covering it with a cut-to-fit decal from **Appliance Art** (from \$34.95; applianceart.com).



Cuisinart CMW-200, \$249; cuisinart.com



« Frigidaire Gallery 30" Freestanding Electric Double Oven Range, \$1,599; lowes.com

CLOCKWISE FROM TOP RIGHT: LEVESQUE JACQUES (2); DOUGLAS GIBB/GAP INTERIORS; COURTESY OF MANUFACTURERS (5).



Share our kitchen secrets. Give a friend a gift subscription at WOMANSDAY.COM/GIFT

6

THE PROBLEM

“THE WHOLE ROOM FEELS DATED.”

The Fix

Bring in a few bold, modern patterns and crisp finishes to instantly elevate the decor.



Leave Me Multi designed by Beth Thompson, \$17.50 per yard



Arrow Marine designed by Holli Zollinger, \$17.50 per yard



MATCH UP
Pull color and print inspiration from your favorite dish towel, wall art or chair cushions for a cohesive look.

With an exaggerated arc shape and pull-down wand, the sleek **Moen Kipton Faucet** (\$169; lowes.com) will make any sink shine.

Select a colorful, easy-to-clean indoor-outdoor floor covering, like the **Threshold Blue Area Rug** (from \$99.99; target.com) to distract from old tiles, linoleum or worn wood underfoot.

Claudette Raspberry designed by Cris Bucknall, \$17.50 per yard



Mint Green and White Chevron designed by Miss Tina, \$17.50 per yard

Create some shade with a custom café curtain. Choose from thousands of fabric designs (or design your own) on spoonflower.com. Trim the fabric to size, then make a rod pocket with hem tape and use ring clips to hang it from a tension rod across the lower half of your window.



FROM TOP: COURTESY OF HEIDI EHALT/TARGET; COURTESY OF MANUFACTURERS (5).

TRIFEXIS®
(spinosad + milbemycin oxime)
Chewable Tablets

Caution: Federal (USA) law restricts this drug to use by or on the order of a licensed veterinarian.

Before using TRIFEXIS chewable tablets, please consult the product insert, a summary of which follows:

Indications:

TRIFEXIS is indicated for the prevention of heartworm disease (*Dirofilaria immitis*). TRIFEXIS kills fleas and is indicated for the prevention and treatment of flea infestations (*Ctenocephalides felis*), and the treatment and control of adult hookworm infestations (*Ancylostoma caninum*), adult roundworm (*Toxocara canis* and *Toxascaris leonina*) and adult whipworm (*Trichuris vulpis*) infections in dogs and puppies 8 weeks of age or older and 5 pounds of body weight or greater.

Dosage and Administration:

TRIFEXIS is given orally, once a month at the minimum dosage of 13.5 mg/lb (30 mg/kg) spinosad and 0.2 mg/lb (0.5 mg/kg) milbemycin oxime. For heartworm prevention, give once monthly for at least 3 months after exposure to mosquitoes (see **EFFECTIVENESS**).

Contraindications:

There are no known contraindications to the use of TRIFEXIS.

Warnings:

Not for human use. Keep this and all drugs out of the reach of children. Serious adverse reactions have been reported following concomitant extra-label use of ivermectin with spinosad alone, a component of TRIFEXIS (see **ADVERSE REACTIONS**).

Precautions:

Treatment with fewer than 3 monthly doses after the last exposure to mosquitoes may not provide complete heartworm prevention (see **EFFECTIVENESS**).

Prior to administration of TRIFEXIS, dogs should be tested for existing heartworm infection. At the discretion of the veterinarian, infected dogs should be treated with an adulticide to remove adult heartworms. TRIFEXIS is not effective against adult *D. immitis*. While the number of circulating microfilariae may decrease following treatment, TRIFEXIS is not indicated for microfilariae clearance. Mild, transient hypersensitivity reactions manifested as labored respiration, vomiting, salivation and lethargy, have been noted in some dogs treated with milbemycin oxime carrying a high number of circulating microfilariae. These reactions are presumably caused by release of protein from dead or dying microfilariae.

Use with caution in breeding females. The safe use of TRIFEXIS in breeding males has not been evaluated.

Use with caution in dogs with pre-existing epilepsy (see **ADVERSE REACTIONS**). Puppies less than 14 weeks of age may experience a higher rate of vomiting.

Adverse Reactions:

In a well-controlled US field study, which included a total of 352 dogs (176 treated with TRIFEXIS and 176 treated with an active control), no serious adverse reactions were attributed to administration of TRIFEXIS. All reactions were regarded as mild.

Over the 180-day study period, all observations of potential adverse reactions were recorded. Reactions that occurred at an incidence >1% (average monthly rate) within any of the 6 months of observation are presented in the following table. The most frequently reported adverse reaction in dogs in the TRIFEXIS group was vomiting.

Average Monthly Rate (%) of Dogs With Adverse Reactions

Adverse Reaction	TRIFEXIS Chewable Tablets ^a	Active Control Tablets ^a
Vomiting	6.13	3.08
Pruritus	4.00	4.91
Lethargy	2.83	1.54
Diarrhea	2.25	1.54
Dermatitis	1.47	1.45
Skin Reddening	1.37	1.26
Decreased appetite	1.27	1.35
Pinnal Reddening	1.18	0.87

^an=176 dogs

In the US field study, one dog administered TRIFEXIS experienced a single mild seizure 2 ½ hours after receiving the second monthly dose. The dog remained enrolled and received four additional monthly doses after the event and completed the study without further incident.

Following concomitant extra-label use of ivermectin with spinosad alone, a component of TRIFEXIS, some dogs have experienced the following clinical signs: trembling/twitching, salivation/drooling, seizures, ataxia, myriades, blindness and disorientation. Spinosad alone has been shown to be safe when administered concurrently with heartworm preventatives at label directions.

In US and European field studies, no dogs experienced seizures when dosed with spinosad alone at the therapeutic dose range of 13.5-27.3 mg/lb (30-60 mg/kg), including 4 dogs with pre-existing epilepsy. Four epileptic dogs that received higher than the maximum recommended dose of 27.3 mg/lb (60 mg/kg) experienced at least one seizure within the week following the second dose of spinosad, but no seizures following the first and third doses. The cause of the seizures observed in the field studies could not be determined.

For technical assistance or to report suspected adverse drug events, contact Elanco Animal Health at 1-888-545-5973. For additional information about adverse drug experience reporting for animal drugs, contact FDA at 1-888-FDA-VETS or <http://www.fda.gov/AnimalMedicine/SafetyHealth>

Post-Approval Experience (Mar 2012):

The following adverse reactions are based on post-approval adverse drug event reporting. The adverse reactions are listed in decreasing order of frequency: vomiting, depression/lethargy, pruritus, anorexia, diarrhea, trembling/shaking, ataxia, seizures, hypersalivation, and skin reddening.

Effectiveness:

Heartworm Prevention:

In a well-controlled laboratory study, TRIFEXIS was 100% effective against induced heartworm infections when administered for 3 consecutive monthly doses. Two consecutive monthly doses did not provide 100% effectiveness against heartworm infection. In another well-controlled laboratory study, a single dose of TRIFEXIS was 100% effective against induced heartworm infections.

In a well-controlled six-month US field study conducted with TRIFEXIS, no dogs were positive for heartworm infection as determined by heartworm antigen testing performed at the end of the study and again three months later.

Flea Treatment and Prevention:

In a well-controlled laboratory study, TRIFEXIS demonstrated 100% effectiveness on the first day following treatment and 100% effectiveness on Day 30.

In a well-controlled laboratory study, spinosad, a component of TRIFEXIS, began to kill fleas 30 minutes after administration and demonstrated 100% effectiveness within 4 hours. Spinosad, a component of TRIFEXIS, kills fleas before they can lay eggs. If a severe environmental infestation exists, fleas may persist for a period of time after dose administration due to the emergence of adult fleas from pupae already in the environment. In field studies conducted in households with existing flea infestations of varying severity, flea reductions of 98.0% to 99.8% were observed over the course of 3 monthly treatments with spinosad alone. Dogs with signs of flea allergy dermatitis showed improvement in erythema, papules, scaling, alopecia, dermatitis/pyodermitis and pruritus as a direct result of eliminating the fleas.

Treatment and Control of Intestinal Nematode Infections:

In well-controlled laboratory studies, TRIFEXIS was ≥ 90% effective in removing naturally and experimentally induced adult roundworm, whipworm and hookworm infections.

Palatability:

TRIFEXIS is a flavored chewable tablet. In a field study of client-owned dogs where 175 dogs were each offered TRIFEXIS once a month for 6 months, dogs voluntarily consumed 54% of the doses when offered plain as if a treat, and 33% of the doses when offered in or on food. The remaining 13% of doses were administered like other tablet medications.

NADA 141-321, Approved by the FDA
Manufactured for Elanco Animal Health,
A Division of Eli Lilly & Company
Indianapolis, IN 46285

www.trifexis.com

Elanco, Trifexis and the diagonal bar are trademarks owned or licensed by Eli Lilly and Company, its subsidiaries or affiliates.

Gets all of your heart
And most of your bed



Being close with your dog can turn a king-sized bed into a twin. But you wouldn't trade it for the world. So protect your dog with Trifexis® (spinosad + milbemycin oxime). It's the monthly, beef-flavored tablet that kills fleas and prevents flea infestations, prevents heartworm disease and treats and controls hookworm, roundworm and whipworm infections. Available by prescription from your veterinarian.

SAVE \$25 on a year's supply when you visit
Trifexis.com/rebate

IMPORTANT SAFETY INFORMATION: Serious adverse reactions have been reported following concomitant extra-label use of ivermectin with spinosad, one of the components of Trifexis. Treatment with fewer than three monthly doses after the last exposure to mosquitoes may not provide complete heartworm prevention. Prior to administration of Trifexis, dogs should be tested for existing heartworm infection. Use with caution in dogs with pre-existing epilepsy. The most common adverse reactions reported are vomiting, depression, and itching. To ensure heartworm prevention, observe your dog for one hour after administration. If vomiting occurs within an hour, redose with another full dose. Puppies less than 14 weeks of age may experience a higher rate of vomiting. For product information, see previous page.

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Must-Try Cleaning Shortcuts

Spend less time on household chores with these neat tricks.

BY ARIANNE COHEN

Use less cleaner

Window wash, dish soap and counter spray are often more concentrated than they need to be. To make them last twice as long, fill a spray bottle halfway with water, then top off with store-bought product and shake to mix.



Stop scrubbing

Before you clean the bathroom, close the door and run the shower on hot for a few minutes. The steam will help loosen stubborn grime and mildew so it's quicker and easier to wipe away. For other surfaces in the house, aim the steam from your iron directly at the gunk (always test a small area first) to cut down on elbow grease later.



SPEED- CLEAN LIKE A PRO

Power through the whole house with this time-saving order: Dust first (to let debris settle), then wipe down glass, mirrors and other surfaces, and vacuum last.



EMILY KATE ROEMER/STUDIO D.

Mouth Pain Has Nowhere To Hide... From KANK-A®



Kank-A® SoftBrush® Gently Reaches Pain Anywhere In Your Mouth!

Around the gums. The back of the mouth. Under the tongue. Even between teeth.

Kank-A SoftBrush relieves tooth and gum pain with maximum strength 20% benzocaine, while its slim, extended applicator easily reaches pain where others can't.



Strong Relief With A Soft Touch®

Visit www.kank-a.com for more information about Kank-A products.



The ADA's Acceptance of Kank-A Mouth Pain Liquid is based on its effectiveness for temporary relief of pain due to mouth sores, when used as directed.



Grab a lint roller

Run this sticky tool over household fabrics like window shades, drapes and lampshades to quickly remove and trap dust, hair balls or lint (it's more effective than a duster).



Prevent a dust cloud

As you empty a full vacuum canister or dustpan, push the dirt deep into the garbage can and spritz any airborne debris with water from a spray bottle. Then, place a damp paper towel on top of the pile to keep the dirt from puffing up the next time you throw something out.

Nix soap scum

A rain-repellent spray (think Rain-X) that helps water bead off your car windshield can also keep your shower doors from looking hazy, saving you scrub time. Spritz the treatment onto a dry microfiber cloth and rub into the glass, then wipe down the surface with another dry cloth. The doors will stay streak-free for at least a few months.

Dust ceiling fans

Slide an old pillowcase over the entire fan blade and use it to clean the surface. As you slowly pull off the fabric, the case will catch any dust. Then, simply flip it inside out over your washing machine and toss inside.

SOURCES:
Leslie Reichart,
The Cleaning Coach;
greencleaningcoach.com. Lisa Romero,
Just Like New
Cleaning, Fort Collins,
CO. Rainx.com.

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WHITER TEETH* IN
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PRO-HEALTH

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The love you have for your precious daughter reaches to the sky! Tell her exactly how you feel with a gift that shines as brightly as the love in your heart. Our “I Love You to the Moon and Back” Daughter Diamond Pendant is a glittering symbol of the never-ending joy she brings to your life!

Exquisitely Hand-crafted in an Exclusive Design

Finely hand-crafted in solid sterling silver, this pendant is shaped like a delicate sliver of the moon that features a textured pavé design with a beaded border and a gleaming inside edge. Gracefully suspending from the “tip” of the moon is a beautiful open heart that holds a sparkling solitaire diamond. The reverse side of the moon is engraved with the message, “Daughter, I Love You to the Moon and Back.” An 18” sterling silver chain completes the look.

An Exceptional Value

A remarkable value at \$99*, the pendant is payable in 4 easy installments of \$24.75 and is backed by our unconditional 120-day guarantee. It arrives with a Certificate of Authenticity in a velvet jewelry pouch and gift box that includes a lovely sentiment card. Send no money now; just mail the Reservation Application. This pendant is only available from The Bradford Exchange. Order today!



***Moon Finely
Engraved on the
Reverse Side with:
“Daughter, I Love
You to the Moon
and Back”***



*Arrives in a velvet jewelry pouch
and gift box, along with a
meaningful sentiment card and
a Certificate of Authenticity*

My Daughter...

I Love You to the Moon and Back

Diamond Pendant



*Beautifully
Engraved*

*Includes Lovely
Sentiment Card*

*Genuine Solitaire
Diamond*

*Hand-crafted
in Solid
Sterling Silver*

Exclusively Designed... Exquisitely Hand-crafted



SHOWN ACTUAL SIZE

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YES. Please reserve the *"I Love You to the Moon and Back" Daughter Diamond Pendant* for me as described in this announcement, in the quantity checked below.

☐ 1 Pendant ☐ 2 Pendants ☐ 3 Pendants ☐ 4 Pendants

LIMITED TIME OFFER

Reservations will be accepted on a first-come, first-served basis.

Respond as soon as possible to reserve your

"I Love You to the Moon and Back" Daughter Diamond Pendant.

Signature _____

Mrs. Mr. Ms. _____

Name (Please Print Clearly)

Address _____

City _____

State _____

Zip _____

E-Mail (Optional) _____

01-18830-001-E93291

*Plus a total of \$9.98 shipping and service. Please allow 4-6 weeks for delivery after we receive your initial deposit. All sales subject to product availability and order acceptance.

Plain to Pretty

Transform any jar from your recycling bin into vintage-y beaded glass.

TIME 25 MIN ♦ COST \$5.28

Materials

- Paper towel or cloth
- Glass jar
- Permanent marker
- Fabric paint with pointed applicator tip (from \$1.29; michaels.com)
- Newspaper
- Spray paint (from \$3.99; joann.com)

- 1 Use a damp paper towel or cloth to wipe away any dust or dirt from the glass jar.
- 2 With a permanent marker, draw a design of dots on the glass (you can easily scratch them off if you make a mistake).
- 3 Cover each dot with a puff of fabric paint that's about the size of a peppercorn; let dry.
- 4 Protect your work surface (preferably outdoors) with newspaper, then fill the jar with a few pieces of crumpled newspaper. Apply an even coat of spray paint to the outside of the jar.
- 5 Once completely dry, fill with flowers or a candle, or use as a catchall on a side table.

Before



After!



Anti-wrinkle at any age.



The derma e® Anti-Wrinkle Collection



Whether you're 13 going on 30, or 60 getting used to the new 40, derma e® Anti-Wrinkle products are right for you.

Why? They contain a gentle form of Vitamin A plus naturally active skin smoothers to help keep signs of wrinkles, rough texture and unevenness away.

We may be anti-wrinkle, but we're definitely pro-healthy at any age.

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Fall in love with sand all over again.



New Banana Boat® SunComfort™ sunscreen allows sand to easily brush off your skin, moisturizes to relieve dryness, and provides sun protection. We've got you covered.

new



brushes off



moisturizes





**Bargain
Huntress**
Donna
Duarte-Ladd



Spring STYLE STEALS

Under
\$50

WD's eagle-eyed editors
found this season's most
amazing affordable buys.
Let's get shopping!



Beauty Scout
Melissa Matthews
Brown





Jordache
High Rise
Ankle Skinny,
\$18.88;
walmart.com
(Sizes 4 to 18)

JEANS
UNDER
\$19!

Aqua and blue
colored beads look
festive. Fly Me To The
Lagoon Necklace,
\$24.99; modcloth.com



This lightweight
jacket adds office
polish to white
denim. Jaclyn
Smith Collection
Perforated Tweed
Jacket, \$44.99;
kmart.com (Sizes
XS to XL)

YOU CAN WEAR White Pants!

Pair this incredibly versatile
piece with any of these
inexpensive finds.



▲ A clean, nautical purse. Navy/Nude
Clutch, \$44.95; solesociety.com



▲ Try a flowy tunic
that cinches to
create a slimming
silhouette. Belted
Kaftan Dress,
\$34.95; justfab.com
(Sizes XS to XXL)

▶ Statement
earrings instantly
dress up a neutral
outfit. Savannah
Earring, \$30;
towneandreesse.com



A pretty pink
blouse that
flatters and
covers—check!
Coffee Date
Pink Top, \$39;
lulus.com (Sizes
XS to XL)



▶ These fun ikat
printed flats are
slip-on-and-go.
Metaphor flats,
\$29.99; sears.com



Ask Melissa...

Is there a way to
simplify buying
makeup?

SARA COFFMAN, Olathe, KS

I love **Plum Perfect**, a free app
that lets you search for the
right foundation, lipstick
and blush for you. Just
take your photo and
the app analyzes your
precise skin tone, eye
color and hair shade.
It then links to the
products and colors
that'll make you
even prettier.

**HAVE A
BEAUTY
QUESTION?**

Email Melissa at
wdstyle@hearst.com



NEW 24 HR freshness that
POPS
AROUND THE
CLOCK



*Save \$1.00 at www.coupons.com/Tide
Like any household detergent, keep away from children.

Fresh SCENTS

Grab one of these perfect warm-weather fragrances.

- 1 Roll on a delicate mix of lily of the valley and magnolia blooms. **Kate Spade Walk on Air**, \$55; katespade.com
- 2 Juicy orange notes combine with basil for an earthy hint. **Le Couvent des Minimes Eau des Matines Botanical Fragrance**, 3.4 oz, \$38; usa.lecouventdesminimes.com
- 3 Coconut water helps soften this pretty floral blend. **Beyoncé Heat Wild Orchid**, 1 oz, \$39; at drugstores
- 4 Sandalwood and musk ground this deliciously sweet scent. **Bath & Body Works Wild Madagascar Vanilla**, 1 oz, \$39.50; bathandbodyworks.com
- 5 Wafts of fresh morning dew and clean cotton musk. **Cherished by FLOWER**, 1 oz, \$24.98; walmart.com
- 6 More refreshing than a glass of lemonade! **Fresh Sugar Lemon** rollerball, \$22; sephora.com

Moisturize skin before you spritz to make it last!



WD loves MILLY BY MICHELLE SMITH FOR KOHL'S

Kohl's DesignNation lines are inspired by beautiful locations around the world. Smith's casual, colorful prints are a nod to the relaxed vibe of Capri.

◀ **MILLY for DesignNation Tile Peasant Top**, \$50; kohls.com (Sizes XXS to XL)

3 WAYS TO USE COCONUT OIL

- 1 **TAME FRIZZ** Rub a dime-size amount between your palms and smooth evenly onto your hair to calm flyaways.
- 2 **SOFTEN CUTICLES** Gently massage over nails before your next manicure.
- 3 **REPAIR HEELS** Before bedtime, apply a generous scoop to feet, then sleep in a pair of cotton socks.



JASÖN Smoothing Coconut Oil, \$10.25; at Target stores

NEW

IN JUST

5

DAYS*
YOU'LL SEE A
TRULY
RADIANTTM
SMILE



NOW WITH A REFRESHING
TWIST OF MINT

Cleans

Whitens

Repairs

Strengthens Enamel



SWITCH TO ARM & HAMMERTM. LOVE IT OR YOUR MONEY BACK.**

TRY IT FREE at TrulyRadiantFree.com

Find
us on



*Data on file
**TrulyRadiant.com



▲ Behind Bars Strappy Thong Sandals, \$18.30; gojane.com

Sandals YOU'LL LIVE IN

Make your feet happy! Pick your favorite cute, comfy style and wear them all season long.



▲ Madden Girl Brando Gold Buckled Slide Sandal, \$39; lulus.com



▼ Georgica Jelly Sandal, \$49; jackrogersusa.com

Great support for tired feet!

WARM-WEATHER HAIR RULES

Two to follow...



Embrace humidity

Go natural on steamy days instead of battling the weather. You can even add a salt spray to create subtle texture.

TRESemmé Perfectly (un)Done Sea Salt Spray, \$6.99; at drugstores



Hydrate strands

To keep your hair looking shiny and healthy, moisturize. Spritz dry ends with a light oil.

Alberto VO5 Shine, Glow & Go Beauty Oil, \$5; walgreens.com



One to break...

Don't blow-dry!

The fact is, some women only feel pretty with a blowout. If you must blow-dry, prep damp hair first with a protective spray to minimize damaging heat.

L'Oréal Paris Quick Dry Primer Spray, \$4.99; at drugstores





▲ Salt Water Sandals, \$39.99; modcloth.com



▲ Capri Sandal, \$12.94; oldnavy.com



WD loves NEUTROGENA

This dermatologist-approved brand has come out with **Healthy Skin Boosters Facial Cleanser** (\$8; at drugstores). Made with vitamin E and white tea, it helps even out tone and brighten.

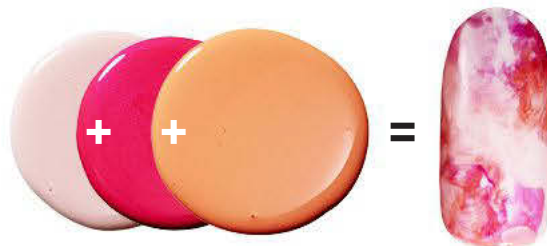


Nail Art FOR GROWNUPS

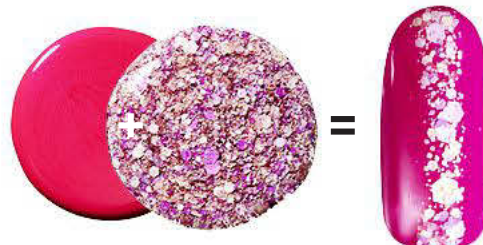
Pro manicurist Elaine Watson created these pretty three-step looks.



- 1 Start with one coat of coral polish and let nails dry.
- 2 Add a sweep of soft pink just above the left tip, painting on an angle toward the right edge. Let dry.
- 3 Repeat Step 2 with the bright pink in the opposite direction. Finish with a top coat.



- 1 Apply one coat of soft pink and let dry.
- 2 Add a few drops of the bright pink and coral polishes on top.
- 3 Grab a plastic bag and gently press over each nail to cloud, then remove and add top coat.



- 1 Add two coats of the bright pink to your nails and let dry.
- 2 Then select your accent nail (or try it on all 10!).
- 3 Paint a strip of the confetti polish down the center of your nail. Finish with a top coat.

Coral: Revlon Nail Enamel in Privileged, \$5; at drugstores. **Soft pink:** OPI Nail Lacquer in Bubble Bath, \$9.50; opi.com. **Bright pink:** Sally Hansen Complete Salon Manicure in Back to the Fuchsia, \$8; at drugstores. **Confetti:** Cuccio Colour Mimes & Musicians, \$9; hbbeautybar.com.



Snap to watch a video of how to create the Marble Maze nail. Get the WD app, page 22.

The Latest in SUN PROTECTION

Don't leave home without these wrinkle fighters.



1
ChapStick Sun
Defense SPF 25,
\$2.19; at drugstores

2
Neutrogena CoolDry
Sport Lotion SPF 30,
\$9.49; at drugstores

3
NO-AD Sport Body &
Face Sunscreen Stick
SPF 50, \$6.99; at
drugstores

4
Brush On Block
SPF 30, \$30;
brushonblock.com

5
Cetaphil Daily Facial
Moisturizer SPF 50+,
\$13.99; at drugstores

6
Banana Boat
SunComfort Clear
UltraMist SPF 30, \$7.99;
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Figure-flattering styles that won't cling or make you overheat.



▲ Abstract Print Skirt, \$17.80;
forever21.com (Sizes S to L)

▲ Lace Printed Pull-On Skirt,
\$41.75; qvc.com (Sizes XXS to 3X)

▲ Jessica London Eyelet Poplin Skirt,
\$39.99; fullbeauty.com (Sizes 12 to 28)

◀ Perforated Chiffon
Collection Skirt, \$29.99;
kmart.com (Sizes XS to XL)

◀ Jacquard Midi Skirt,
\$45; gojane.com
(Sizes S to L)

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Super Chill Cooler Bag, \$32; shopbando.com

Jute Pocket Tote, \$12.50; shop.maze.com

Canvas Shopper, \$28; bodenusa.com

Bandana Trim Boat and Tote, \$39.95; lbean.com

WD loves

Our Top 3 Shopping Sites

1 RETAILMENOT.COM

This website is best friends with Amazon, Sephora, Ulta and others, so you'll see all their deals. Plus, if you become a member, you'll get exclusive coupons selected just for you.

2 ELOQUIL.COM

Plus-size clothing that's actually chic? Finally! This site has dresses, pants, jumpsuits and more, in sizes 14 through 24.

3 WORLDMARKET.COM

Scroll past the throw pillows and furniture and check out the gift section, where you'll find wallet-friendly accessories.



In the Bag

No matter which tote you tote, keep these items within arm's reach.



Create a radiant complexion in seconds. **Sonia Kashuk Chic Luminosity Bronzer/Highlighter Duo**, \$12.99; at Target stores



Formulated for underarms but can be spritzed on feet or under your bust to reduce wetness. **Dove Beauty Finish Dry Spray Antiperspirant**, \$5.49; at drugstores



This spritz mattes shiny skin and has rosemary extract to soothe irritation. **Supergoop! Defense Refresh Setting Mist SPF 50**, \$12; sephora.com



Spills do happen, and often! Be ready with this trusty detergent stick, which pretreats and prevents stains from setting in. **Tide To Go Pen**, \$2.94; walmart.com

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The elastic waistband nips your middle.
Attention Shirt Dress, \$26.99; kmart.com (Sizes XS to XL)

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WD loves ROSY CHEEKS

Miiani Cosmetics Rose Powder Blush (available in 3 shades, \$7.99; at CVS stores) works with any skin tone and contains actual crushed rose petals.





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The modest knee length shows just a little leg. Lilly Pulitzer for Target Shift Dress, \$38; target.com (Sizes XS to XXL, 18W to 30W)

Conceal a tummy comfortably in this flowy frock. Susan Graver Knit Romper Dress, \$45.50; qvc.com (Sizes XXS to 3X)

3 STEPS AND YOU'RE GOLDEN

1 EXFOLIATE Removing dead skin cells before self-tanning smooths the surface of your skin—it's the best way to prevent streaks. **Jergens Color Primer In-Shower Scrub**, \$8.99; at drugstores

2 BRONZE The airy mousse formula—available in light or deep—glides right on to tint your skin with no waiting. **Jergens Instant Sun Sunless Tanning Mousse**, \$11.99; at drugstores

3 HYDRATE Moisturizing is the secret to keeping your tan looking natural longer. **Jergens Tan Extender Daily Moisturizer**, \$8.99; at drugstores



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Goes on clear and can be used over any mascara!

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Stay-Put MAKEUP

- 1 One coat over your mascara creates a seal to prevent raccoon eyes. **Hard Candy Fast & Fabulous Waterproof Mascara Topcoat**, \$6; at Walmart stores
- 2 Applying this gel stain with the mini brush gives you a flush that lasts all day. **Pür Minerals Cheek Stain in Prosecco**, \$26; purminerals.com
- 3 A foundation setter that also minimizes wrinkles is twice as valuable. **Maybelline New York Face Studio Master Prime Blur + Smooth**, \$9.99; at drugstores
- 4 This long-lasting gloss hydrates lips, too. **Boots No7 Shine & Tint in Seduce**, \$9.99; at Target stores
- 5 Define your eyes—and know you'll be smudge-free until you remove your makeup. **bareMinerals Lasting Line Long-Wearing Eyeliner**, \$16; bareescentuals.com

1

2

3

4

5



Q+A

Ask Donna...

Can you recommend a T-shirt that looks special?

BEATRICE CUELLAR, Las Vegas

I love this one from **Simply Vera Vera Wang** (\$44; kohls.com, Sizes XS to XL). The shape is classic, but the floral print is playful and the sheer fabric overlay creates a 3-D effect.

HAVE A STYLE QUESTION?

Email Donna at wdstyle@hearst.com



WD loves
LILLY PULITZER
FOR TARGET

Look for her signature prints on clothing, accessories and shoes, and even goods for the home and cosmetics.

► Lilly Pulitzer for Target Espadrilles, \$24; target.com



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Spruce up a solid tee. **Multi-Strand Beaded Necklace**, \$16.99; target.com

▲ Try light-colored lenses to soften your look. **Kensington Sunglasses in White/Gold**, \$18; fantas-eyes.com. **Simply Vera Vera Wang Blusher Sunglasses**, \$34; kohls.com

BREEZY, BEAUTIFUL Accessories

These irresistible extras will refresh your wardrobe.



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WAIST

▲ The multi-hued tassels make this scarf a must-have. **Studio S Printed Scarf**, \$28; sears.com

▲ From beach to brunch, the wide brim will keep you covered. **Metallic Striped Floppy Hat**, \$38; kohls.com

Just a pop of neon! Bring this clutch on date night. **Isaac Mizrahi Perforated Zipper Pouch**, \$49; qvc.com



QUICK BEACHY WAVES

For that salt-meets-sun look. Bumble and bumble Surf Infusion, \$29; sephora.com



▲ A mix of blues and browns that works with everything. Rasika Bangle Bracelet, \$12.99; shopprimadonna.com



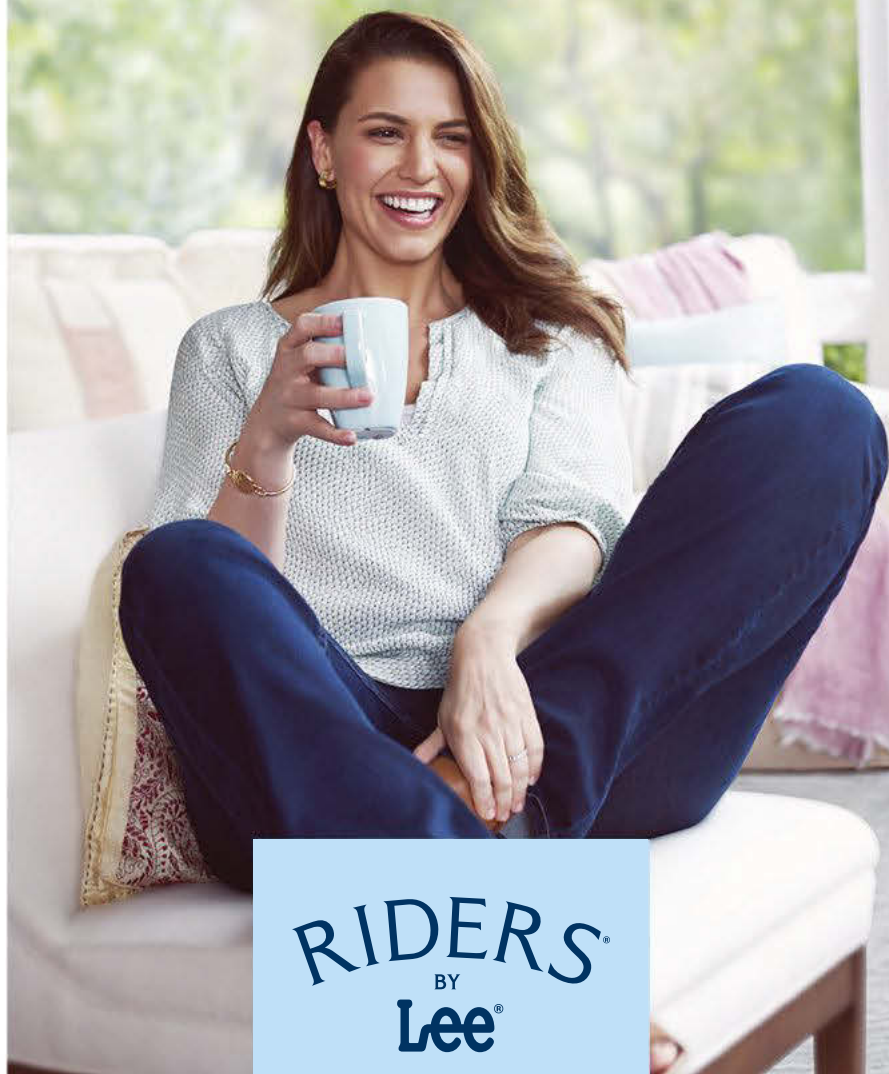
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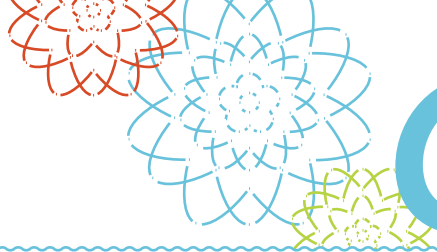


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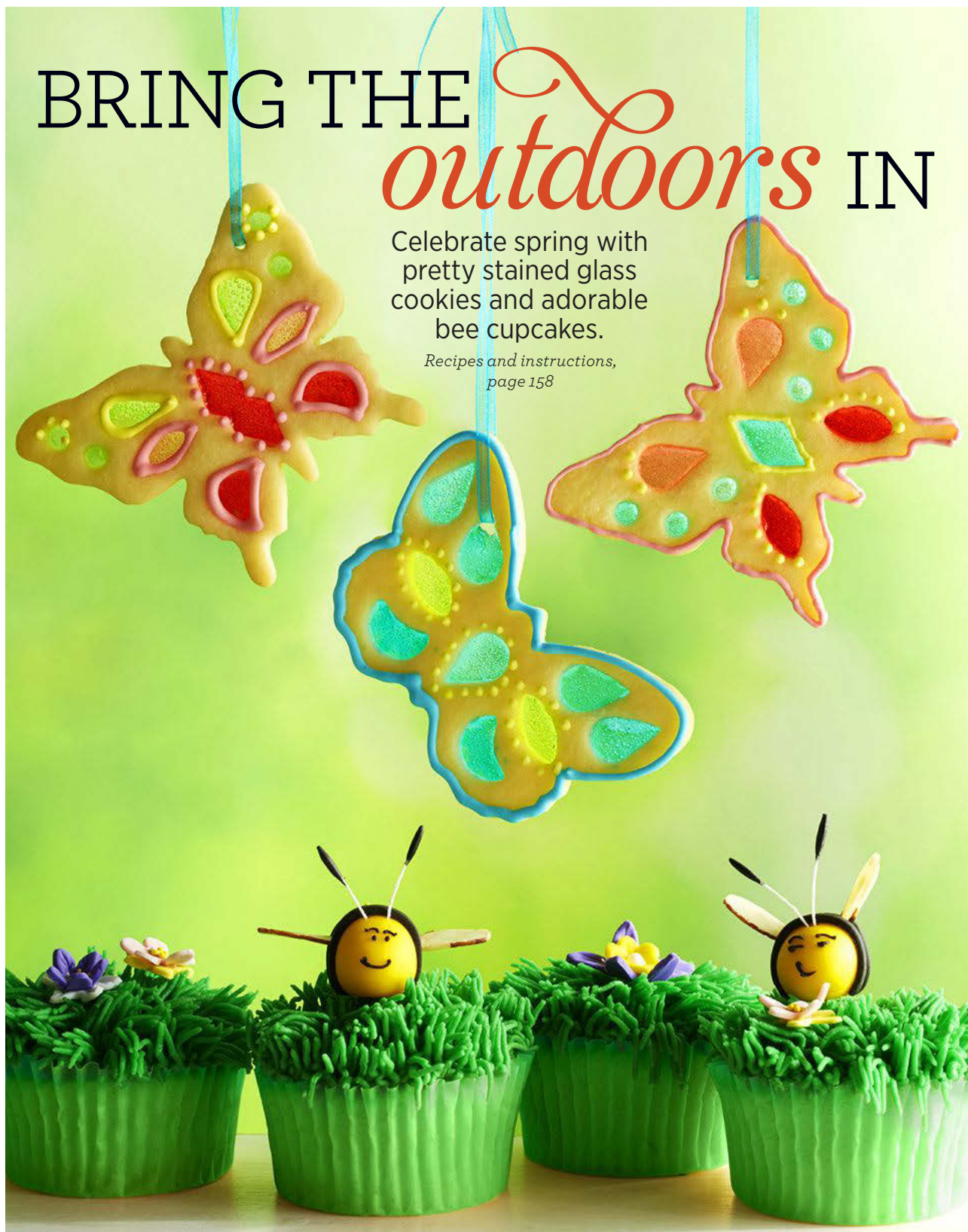


Cookbook

BRING THE *outdoors* IN

Celebrate spring with pretty stained glass cookies and adorable bee cupcakes.

*Recipes and instructions,
page 158*





Jamie Oliver's fresh from the garden recipes





Don't let a small space put you off. Be creative—plant in pots, troughs and windowsill boxes. Stuff will grow anywhere with a bit of nourishment, water and love.”

JAMIE'S MISSION

In 2009, Jamie launched the Food Revolution movement, encouraging people to cook fresher foods and lobbying schools around the world to provide kids with healthier meals. For more information on Jamie and Food Revolution Day on May 15, 2015, visit foodrevolutionday.com.

A bed of herbs and salad greens in Jamie's greenhouse.



“When I first started gardening, I didn't really know much about it, so I just threw a few seeds on the ground to see what happened,” says British chef Jamie Oliver. When the plants actually grew, he was amazed and excited. That was more than 10 years ago, and since then he has expanded the little plot behind his home in the English countryside into a gardener's dream, growing dozens of varieties of herbs, vegetables and fruits. Now Jamie is passing his passion on to his four children (Poppy, 13, Daisy, 12, Petal, 6, and Buddy, 4). The crew will often pop out to pick the ingredients for lunch or dinner, then head back to the kitchen to cook together. “Vegetables straight from the garden taste better than the ones you can buy in a shop. You can't beat the freshness of literally pulling something out of the ground and making it into a meal just 30 minutes later.” Here, three of his recipes that highlight how good and good for you a meal with fresh produce can be.

Pasta peperonata

"This is a great pasta dish, using rigatoni, which is quite robust. It makes a really nice lunchtime snack.

The mascarpone is a lovely addition, but you can leave it out if you prefer. It will give you a wonderful mottled sauce, but try it without first and see how you go."



SERVES 4

- 2 red bell peppers, deseeded and sliced
- 2 yellow bell peppers, deseeded and sliced
- Extra virgin olive oil
- Sea salt and freshly ground pepper
- 2 red onions, peeled and finely sliced
- 2 cloves of garlic, peeled and grated
- 2 handfuls of fresh flat-leaf parsley, leaves finely chopped, stalks reserved
- 2 tablespoons red wine vinegar or balsamic vinegar
- 2 handfuls of grated Parmesan cheese
- Optional: 2 heaping tablespoons mascarpone cheese or crème fraîche
- 1 lb rigatoni, penne or spaghetti



Easy-to-grow peppers add zip to pasta.



1 Put all the peppers in a large frying pan over a medium heat with a little olive oil and a pinch of salt and pepper. Place a lid on and cook slowly for 15 minutes until softened. Don't rush this too much, as cooking the peppers slowly like this really helps to bring out the flavor. Add the onion and cook for a further 20 minutes. Then add the garlic and parsley stalks and toss around, keeping everything moving in the pan. Cook for about 3 minutes more. Have a little taste, and season with a bit more salt and pepper. Add the vinegar—it will sizzle away, so give everything a good toss. Then add one handful of the grated Parmesan and the mascarpone or crème fraîche, if you are using it, and turn the heat down to minimum while you cook the pasta.

2 Meanwhile, put a large pot of salted water on to boil. Add the pasta to the boiling water and cook according to the package instructions. When cooked, drain in a colander, reserving some of the cooking water.

3 Put the peppers, pasta and parsley leaves into a large warmed bowl. Give them a good toss together, then add a little of the pasta cooking water and a few good glugs of extra virgin olive oil to coat the pasta nicely. Serve straight away, sprinkled with the rest of the Parmesan.

PER SERVING 590 CAL, 12 G FAT (3 G SAT FAT), 8 MG CHOL, 374 MG SOD, 22 G PRO, 69 G CAR, 7 G FIBER

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Goya's Outstanding Quality: The Key to Recipe Success

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Three Bean Salad

Serves **8** | Prep time: **10 min.** | Total time: **15 min.**

INGREDIENTS

Salad:

- | | |
|---|---|
| 1 can (15.5 oz.) GOYA® Blackeye Peas , drained and rinsed | 2 tbsp. finely chopped fresh cilantro |
| 1 can (15.5 oz.) GOYA® Chick Peas , or GOYA® Low Sodium Chick Peas , drained and rinsed | Dressing: |
| | 3 tbsp. GOYA® Red Wine Vinegar |
| 1 can (15.5 oz.) GOYA® Red Kidney Beans , or GOYA® Low Sodium Red Kidney Beans , drained and rinsed | 2 packets GOYA® Salad and Vegetable Seasoning |
| 1 medium cucumber, peeled, seeded and chopped (2 cups) | 1 tbsp. GOYA® Lemon Juice |
| 1 red bell pepper, seeded and finely chopped (about 1 cup) | $\frac{1}{2}$ cup GOYA® Extra Virgin Olive Oil |

DIRECTIONS

1. In large serving bowl, mix together blackeye peas, chickpeas, kidney beans, cucumbers, peppers, and cilantro.
2. In small bowl, whisk together vinegar, salad and vegetable seasoning, and lemon juice. Slowly drizzle in olive oil, whisking constantly, until blended. Pour dressing over bean mixture. Toss well to coat completely.



Posh beans on toast

SERVES 4

- 2 spring onions or scallions
- 4 ripe cherry tomatoes, mixed colors if possible
- Extra virgin olive oil
- 1 lemon
- Sea salt and freshly ground pepper
- 1 large bunch of fresh mint
- 1 cup fresh or frozen broad or fava beans
- $\frac{3}{4}$ cup fresh or frozen peas
- 4 slices of sourdough
- 1 clove of garlic
- 2 sprigs of fresh rosemary
- 2 ounces feta cheese

1 To make the dressing, trim and finely slice the spring onions, then place the green pieces in a large bowl. Quarter and add the tomatoes along with 6 tablespoons of oil, the zest from half the lemon and most of the juice. Season, then set the dressing aside. Squeeze the remaining lemon juice over the white part of the onions and set aside.

2 Pick and set aside the mint leaves, then tie the stalks together with string. Place the stalks and beans into a pan of boiling salted water, then blanch for around 2 minutes. Using a slotted spoon, transfer the beans to a bowl, discarding the mint stalks. Add the peas to the boiling water and blanch for 2 minutes.

3 Meanwhile, shell any larger beans and add to the dressing, then drain and add the peas. Finely slice and add most of the mint leaves, then toss everything well to coat.

4 Toast the sourdough in a griddle pan over a high heat. Halve the garlic and rub the cut side onto one side of the griddled bread, then rub over the rosemary. Sprinkle with a little salt and drizzle over

some oil. Pile the peas and beans onto the dressed side of your toast. Sprinkle over the white spring onion and the reserved mint leaves, then grate the remaining lemon zest on top. Use a vegetable peeler to shave the feta over the top, then serve.

PER SERVING 273 CAL, 11 G FAT (3 G SAT FAT), 12 MG CHOL, 539 MG SOD, 10 G PRO, 33 G CAR, 4 G FIBER

Reprinted with permission, Jamie Oliver



THE KINDNESS PROJECT
FIGHTS HUNGER
Woman'sDay

As part of Woman's Day's yearlong partnership with Feeding America, we're encouraging readers to donate nutritious food to food banks and pantries. When planting your garden this year, earmark a row of vegetables to donate at harvest time. Foods that don't require refrigeration (such as onions, garlic, green beans, root vegetables and butternut squash) are especially welcome. Find a local pantry at feedingamerica.org. And go to womansday.com/hunger for more information about the partnership.

SOURCE: Garden Writers Association



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BE FLAVORFUL



Spinach, bacon and pine nut salad

"Classic, comforting and simple, this salad is all about getting those little details spot-on—the freshness of the spinach and salad leaves, the crispness of the smoky bacon, a delicious, bright, smooth dressing made with mustard, good oil and pickled onion juice for an extra bang—and of course those crispy bread croutons. This is hard to beat."

SERVES 4

- 6 thick slices of smoked bacon
- Olive oil
- 2 heaping tablespoons pine nuts
- 12 ½-inch-thick slices of French bread
- 6 medium pickled onions, plus 2 tablespoons pickling liquor (see tip)
- 2 teaspoons Dijon mustard
- 4 tablespoons quality extra virgin olive oil
- Freshly ground pepper
- 4 large handfuls of baby spinach
- 1 handful of seasonal salad leaves

1 Thinly slice the bacon and put into a large frying pan on a medium heat with a good drizzle of olive oil. Fry until golden, adding the pine nuts for the last minute, then scoop out with a slotted spoon onto a plate, leaving the bacon fat behind in the pan. Toast the slices of bread in the fat until beautifully golden on both sides.

2 Meanwhile, finely slice the pickled onions. In a large bowl, mix the pickled onion liquor with the mustard, extra virgin olive oil, and a pinch of black pepper. Gently pile the spinach and salad leaves on top, add the crispy bacon, pine nuts, and pickled onions, then lightly toss everything together with your fingertips, picking the salad up and sprinkling it back down from a height a few times—doing it this way means the salad is perfectly dressed but you avoid bruising the leaves. Add the crispy toast croutons and tuck straight in.

PER SERVING 336 CAL, 26 G FAT (10 G SAT FAT), 38 MG CHOL, 728 MG SOD, 10 G PRO, 20 G CAR, 2 G FIBER

Reprinted with permission, Jamie Oliver



"You haven't truly tasted spinach until you've grown your own," says Jamie.



COOK'S TIP

To make pickled onions, combine ¼ cup red wine vinegar, 1 tsp sugar and ¼ tsp salt in a small bowl. Add 2 shallots (thinly sliced) and toss to coat. Let sit, tossing minutes. Serve or cover and refrigerate for up to 1 week.



And when you're craving something sweet, indulge in **NEW Special K** Divine Fudge Brownies.



Fast & Healthy Dinner

A delicious 20-minute meal you'll feel great about eating.

Steak and snow pea salad with oranges and edamame

ACTIVE 15 MIN ♦ TOTAL 20 MIN ♦ SERVES 4

- 1 lb sirloin or flank steak (about 1 in. thick), trimmed
Kosher salt and pepper
- 1 orange
- 1 cup frozen edamame, thawed
- 4 oz snow peas, cut into thirds
- ½ small red onion, thinly sliced
- ¼ cup mint leaves
- 1 Tbsp olive oil

1 Heat broiler. Line a broiler-proof rimmed baking sheet with nonstick foil. Season the steak with ½ tsp each salt and pepper and broil to desired doneness, 3 to 4 minutes per side for medium-rare. Transfer to a cutting board and let rest for 5 minutes before slicing.

2 Meanwhile, cut the skin and white pith from the orange and slice into thin rounds. Transfer to a bowl and gently toss with the edamame, snow peas, red onion, mint, oil and ¼ tsp each salt and pepper. Serve with the steak.

PER SERVING 274 CAL, 13 G FAT (3 G SAT FAT), 73 MG CHOL, 416 MG SOD, 29 G PRO, 10 G CAR, 3 G FIBER



WHY IT'S GOOD FOR YOU

Snow peas

contain folate, a B vitamin that can help boost your mood.

WHY IT'S GOOD FOR YOU

Orange

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COST PER SERVING
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Cake

TAKE THE

We asked for your best Bundt cake recipes, and boy, did you deliver! These three winners had us running back for seconds (and thirds).

RECIPE,
PAGE 96

LAUREN KATZ, Ashburn, VA

Salted butterscotch-banana Bundt cake

“I created this recipe for a Christmas Eve party,” says Lauren. “I was trying to combine my favorite nostalgic flavors into the ultimate dessert to share with my friends and family.” Her butterscotch-banana combination was a definite keeper. “Everyone went crazy complimenting it, and not a crumb was left over!”

PHOTOGRAPHED
BY CON POULOS
FOOD STYLING BY
MICHELLE GATTON
PROP STYLING BY
MEGAN HEDGPETH



LAURA CRAIG, Swedesburg, IA



Mini lemon-blueberry Bundt cakes

Laura first made this cake 30 years ago from a handwritten card she found in her mother's recipe file. Truly a legacy recipe, "the original came from my Great-Aunt Edith, who would be over 100 years old if she were still alive," says Laura. "Her recipe did not have lemon or blueberries—that was my twist."



RECIPE,
PAGE 97

DID YOU KNOW?

David Dalquist, founder of Nordic Ware, created the Bundt pan in the 1950s for a dense cake called *kugelhopf*. It required a pan with a hole so the batter would bake evenly. *Bundt* comes from the German word *bund*, meaning “gathering.” He added a “t” to trademark the word.



RECIPE,
PAGE 99

KC QUARETTI, New Port Richey, FL



Oatmeal-brownie Bundt cake

When her kids were growing up, KC would frequently make cakes for after-school treats. Her oatmeal-brownie cake topped the list of requests from her family. “This cake in particular became a fast favorite because we all love chocolate,” says KC. “Adding oatmeal was my way of making it a bit healthier.”

Woman's Day

Live Longer & STRONGER

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16**

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20**

Atlanta,  
Georgia

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23**

Orlando,  
Florida

**MAY  
27**

Dallas,  
Texas

**MAY  
30**

Los Angeles,  
California

**JUNE  
3**

Chicago,  
Illinois



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\*while supplies last. \*\*activities may vary per location.





COST PER  
SERVING  
**42¢**

## Salted butterscotch-banana Bundt cake

ACTIVE 35 MIN ♦ TOTAL 2 HR 40 MIN (INCLUDES COOLING) ♦ SERVES 16

- Cooking spray, for the pan
- 2 Tbsp turbinado or raw sugar
- 1¾ cups all-purpose flour
- 1 3.4-oz box instant butterscotch pudding mix
- 1 tsp baking powder
- 1 tsp baking soda
- 4 medium overripe bananas
- 3 large eggs, lightly beaten
- ½ cup canola oil
- 1 cup brown sugar
- 1 tsp pure vanilla extract
- 1¼ tsp kosher salt
- ½ cup toffee bits
- ¼ cup butterscotch chips
- 1 Tbsp unsalted butter
- 2 Tbsp heavy cream
- Coarse sea salt, for sprinkling

- 1 Heat oven to 325°F. Coat a 10- to 12-cup nonstick Bundt pan with cooking spray. Sprinkle turbinado sugar evenly to coat the pan. In a large bowl, whisk together the flour, pudding mix, baking powder and baking soda.
- 2 In a large bowl, mash 3 of the bananas. Cut the remaining banana into ¼-in. pieces and set aside. Add the eggs, oil, sugar, vanilla and 1 tsp salt to the mashed bananas and whisk to combine. Add the flour mixture and mix until fully incorporated. Fold in the diced bananas and toffee bits.
- 3 Transfer the mixture to the prepared pan and bake until a wooden pick inserted into the center comes out clean, 55 to 60 minutes. Let the cake cool in the pan for 15 minutes, then invert onto a wire rack to cool completely.
- 4 Meanwhile, place the butterscotch chips, butter, cream and the remaining ¼ tsp salt in a small microwave-safe bowl. Microwave on high until the chips just start to melt, 35 to 40 seconds. Whisk until smooth. Let cool for 5 minutes, then drizzle on top of the cake. Lightly sprinkle with sea salt.

PER SERVING 304 CAL, 13 G FAT (4 G SAT FAT), 41 MG CHOL, 452 MG SOD, 3 G PRO, 45 G CAR, 1 G FIBER

HERITAGE CAST BUNDT PAN (PAGE 90), 3-CUP BABY BUNDT PANS (PAGE 91), ORIGINAL PROCAST BUNDT PAN (PAGE 92); NORDICWARE.COM

## Swap out sugar for a sweet morning



Welcome-Back Waffles





## Mini lemon-blueberry Bundt cakes

ACTIVE 35 MIN ♦ TOTAL 3 HR 15 MIN (INCLUDES COOLING) ♦ SERVES 16

- 1 cup (2 sticks) unsalted butter, at room temperature, plus more for the pan
- 2½ cups all-purpose flour
- ½ tsp baking soda
- ½ tsp kosher salt
- 2 cups granulated sugar
- 3 large eggs
- 1 cup sour cream
- 1 Tbsp grated lemon zest (from 1 lemon)
- 1 6-oz pkg blueberries (1½ cups)
- 1 cup confectioners' sugar
- 1 to 2 Tbsp fresh lemon juice

**1** Heat oven to 350°F. Butter and flour one 12-cup or four 3-cup Bundt pans, tapping out any excess. In a medium bowl, whisk together the flour, baking soda and salt.

**2** Using an electric mixer, beat the butter and granulated sugar at medium speed until light and fluffy, about 3 minutes. Reduce the mixer speed to low; add the eggs one at a time. Add the flour mixture to combine, then add the sour cream and lemon zest, mixing until just incorporated. Increase the mixer speed to high and beat for 2 minutes more. Fold in the blueberries.

**3** Transfer the mixture to the prepared pan and bake until a wooden pick inserted into the center comes out clean, 65 to 75 minutes for the 12-cup Bundt pan (50 to 55 for the minis). Let the cake cool in the pan for 15 minutes, then invert onto a wire rack to cool completely.

**4** Meanwhile, in a medium bowl, whisk together the confectioners' sugar and 1 Tbsp lemon juice (add additional juice if necessary). Drizzle over the cooled cake just before serving.

**PER SERVING** 349 CAL, 15 G FAT (7.5 G SAT FAT), 73 MG CHOL, 120 MG SOD, 3 G PRO, 49 G CAR, 0 G FIBER

*Makes four minis or one full-size cake!*



May 2015 | womansday.com 97



Very Berry Brunch



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*Many ways to share your flair.*

Town House® gives you a trendy and tasty variety of crackers sure to add a touch of "wow" to your casual get-togethers.



***The Art of Entertaining™***





### Oatmeal-brownie Bundt cake

ACTIVE 40 MIN ♦ TOTAL 2 HR 30 MIN (INCLUDES COOLING) ♦ SERVES 16

Cooking spray,  
for the pan

- 1 cup (2 sticks) unsalted butter
- 6 oz semisweet chocolate, chopped
- 1 cup almond meal
- ½ tsp baking powder
- ½ tsp baking soda
- 5 large eggs
- 2 cups confectioners' sugar
- ½ cup chopped nuts (such as almonds)
- 1½ cups rolled oats
- 1 cup semisweet chocolate chips
- ¼ cup heavy cream

- 1 Heat oven to 350°F. Coat a 12-cup Bundt pan with cooking spray.
- 2 Place the butter and chopped chocolate in a medium microwave-safe bowl. Microwave on high, stirring every 30 seconds, until the chocolate is melted and the mixture is smooth. Let cool for 5 minutes.
- 3 Meanwhile, in a medium bowl, whisk together the almond meal, baking powder and baking soda.
- 4 Transfer the chocolate mixture to the bowl of an electric mixer. On medium speed, beat in the eggs one at a time. Reduce the speed to low and add the almond mixture, mixing just until combined. Mix in the sugar, nuts and oats.
- 5 Transfer the mixture to the prepared pan and bake until a wooden pick inserted into the center comes out nearly clean, 45 to 50 minutes. Let the cake cool in the pan for 15 minutes, then invert onto a wire rack to cool completely.
- 6 Meanwhile, in a small microwave-safe bowl, microwave the chocolate chips in 30-second bursts until they begin to melt. Add the cream and microwave for 15 seconds; stir until smooth. Let cool for 5 to 10 minutes, then spoon over the cake.

**PER SERVING** 388 CAL, 19 G FAT (13 G SAT FAT), 94 MG CHOL, 85 MG SOD, 6 G PRO, 35 G CAR, 0 G FIBER



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*The Art of Entertaining™*



STOCK UP ON...

# Lemons

At just 33¢ each, these fruits are one of the best deals in the produce aisle. Whether the dish is sweet or savory, make them your main squeeze.



## LEMONY CHICKEN OR FISH

Arrange sliced lemons on a rimmed baking sheet. Top with smashed garlic and fresh herbs like thyme, rosemary and parsley. Place chicken pieces or salmon on top and roast at 400°F, 35 minutes for chicken or 15 minutes for salmon.

## Creamy lemon rice with herbs

ACTIVE 25 MIN ♦ TOTAL 35 MIN  
SERVES 6  
COST PER SERVING \$1.35

Heat 2 Tbsp oil in a large skillet over medium heat. Add 2 leeks and 1 medium onion (both chopped) and cook, covered, stirring occasionally, until just tender, 7 minutes. Stir in 2 cloves garlic (finely chopped); cook 1 minute. Add 1½ cups arborio rice, ½ cup each wine and lemon juice and ½ tsp each salt and pepper and simmer, stirring, until the liquid is absorbed, about 3 minutes. Add 4 cups low-sodium chicken broth and bring to a boil, then reduce heat and simmer, stirring occasionally, until the liquid is absorbed and the rice is tender, 18 to 20 minutes. Remove from heat and fold in ½ cup each sour cream, grated Parmesan and fresh flat-leaf parsley (chopped) and 1 Tbsp tarragon (chopped).



## Lemon pudding cake

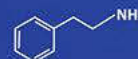
ACTIVE 15 MIN ♦ TOTAL 55 MIN  
SERVES 10 ♦ COST PER SERVING 18¢

Butter a shallow square 2-qt baking dish. Using an electric mixer, beat 4 Tbsp unsalted butter (at room temperature), 1 cup granulated sugar and 3 egg yolks (whites reserved) until light and fluffy, 2 minutes. Mix in ½ cup all-purpose flour, then ¾ cup whole milk and ½ cup lemon juice. In a second bowl, with clean beaters, beat the egg whites until stiff peaks form, 3 minutes. Stir a third of the whites into the lemon mixture, then fold in the remaining whites until combined. Transfer to the prepared dish, place it in a roasting pan and add enough boiling water to the pan to cover a third of the dish. Bake at 400°F until the top is lightly golden brown, 35 to 40 minutes. Dust with confectioners' sugar, if desired.





# FASTIN®



## HI-TECH's Most Advanced Weight Management Aids Ever Developed!†

The Fastin Family of Weight Loss and Energy Aids are the top selling diet aids in the country for one reason...They Work!!! (Fastin®, Fastin®-XR (Extended Release), and Fastin®-RR (Rapid Release) are based upon Hi-Tech's Exclusive, Clinically-Studied, Phenylethylamine Alkaloids derived from Acacia Rigidula (Thermo-Rx®). The findings from Hi-Tech's randomized, double-blind, placebo controlled study showed convincingly that Acacia Rigidula promotes significant increases in Resting Energy Expenditure (Metabolism)(12%+) still evident 3 hrs post ingestion. The clinical study on Thermo-Rx® showed an astounding increase in resting metabolic rate that was superior to the findings of previous studies which reported that 10 to 30mg ephedrine-once believed to be the Gold Standard of Weight Loss compounds- increased energy expenditure by 6.6% to 10% (Versus 12%+ Acacia).

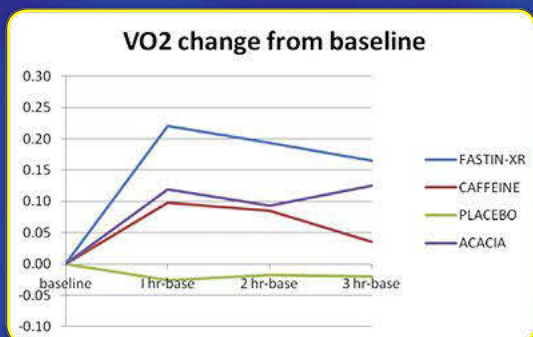
## CLINICALLY PROVEN WEIGHT LOSS PRODUCTS!

The powerful Fastin®-XR and Fastin®-RR weight loss formulas have been clinically proven in multiple clinical studies to provide effective increases in Metabolism and see the results below of an 8 week Groundbreaking double-blind, placebo controlled study on Fastin Rapid Release!

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- Fastin®-XR was shown to elevate Energy Expenditure (Metabolism) 371% when compared against Caffeine at 3hrs post ingestion and 871% over Placebo at its highest point.
- Fastin®-RR users saw an Incredible 16.6 % increase in Resting Energy Expenditure (Metabolism) over the first 3 hours with an increase of over 14.5% in Energy Uptake over the entire 6 hours!

In this landmark study Fastin®-RR (Rapid Release Caplets) also showed a 5,425% increase in Metabolism within 45 minutes of consumption versus Placebo and 251% versus 300mg of Caffeine, which is 50% above the maximum legal dosage for OTC drugs. These findings also indicate that Fastin®-RR produced significantly greater levels of fat oxidation!†

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IFBB Bikini Pro  
Juliana Daniell  
(Fastin Spokeswoman)



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†These statements have not been evaluated by the food and drug administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Warning: not for use by individuals under the age of 18 years. Do not use if you are pregnant or nursing. This product can raise blood pressure and Interfere with other drugs you may be taking. Talk to your doctor about this product.



# Weeknight Dinners

Tasty, family-pleasing recipes that don't take a lot of effort or ingredients.



COST PER  
SERVING  
**\$2.80**

## MAKE-AHEAD

### *Pesto salmon burgers with asparagus and tomato salad*

ACTIVE 20 MIN • TOTAL 25 MIN • SERVES 4



- 1 lb asparagus, trimmed and cut into 2-in. pieces
- 3 Tbsp olive oil
- Kosher salt and pepper
- 1½ lbs skinless salmon fillet, cut into 1-in. pieces
- 4 scallions, thinly sliced
- 4 rolls, split and toasted
- 4 Tbsp prepared pesto
- 2 cups mixed greens
- 1 lb small tomatoes (such as cocktail, Campari or plum), quartered
- ¼ cup small fresh mint leaves

- ➊ Heat broiler. On a large rimmed baking sheet, toss the asparagus with 1 Tbsp oil and ¼ tsp each salt and pepper. Broil until just tender, 4 to 5 minutes.
- ➋ Meanwhile, place the salmon in a food processor and pulse 4 to 5 times just until coarsely chopped (it should still be somewhat chunky). Add half the scallions and ¼ tsp each salt and pepper and pulse 2 times to combine. Form the mixture into four ¾-in.-thick patties.
- ➌ Heat 1 Tbsp oil in a large nonstick skillet over medium heat and cook the patties, turning once (do not press or flatten), until opaque throughout, 2 to 3 minutes per side. Transfer to rolls and top with the pesto and greens.
- ➍ In a large bowl, toss together the tomatoes, asparagus, remaining scallions, remaining Tbsp oil and ¼ tsp each salt and pepper; fold in the mint. Serve with the salmon burger.

PER SERVING 512 CAL, 13 G FAT (4 G SAT FAT), 71 MG CHOL, 589 MG SOD, 39 G PRO, 39 G CAR, 6 G FIBER



## MAKE AHEAD

Form patties and freeze for up to 1 month. Cook from frozen at 425°F until warm and cooked through, 15 to 20 minutes.





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with envy



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## GLUTEN-FREE

**Cumin-spiced lamb with carrot and radish salad**

ACTIVE 20 MIN ♦ TOTAL 20 MIN ♦ SERVES 4 ♦ COST PER SERVING \$3.57



- 3 Tbsp olive oil
- 2 Tbsp red wine vinegar
- ½ tsp honey
- 1¼ tsp ground cumin
- Kosher salt and pepper
- 8 small lamb loin chops  
(¾ in. thick, about 2 lbs),  
well trimmed
- 1 lb large carrots (about 3 carrots)
- 6 large radishes
- ¼ cup fresh mint leaves

1 In a large bowl, whisk 2 Tbsp oil, vinegar, honey, ¼ tsp cumin and ¼ tsp each salt and pepper to combine.

2 Heat the remaining Tbsp oil in a large skillet over medium heat. Season the lamb with the remaining tsp cumin and ½ tsp each salt and pepper. Cook the lamb to desired doneness, 4 to 5 minutes per side for medium-rare.

3 Meanwhile, using a vegetable peeler, shave the carrots into thin strips and very thinly slice the radishes. Add to the dressing and toss to coat. Fold in the mint leaves and serve with the lamb.

**PER SERVING** 329 CAL, 13 G FAT (4 G SAT FAT), 82 MG CHOL, 511 MG SOD, 27 G PRO, 11 G CAR, 3 G FIBER

**COOK'S TIP**

To make strips, angle the carrot on the cutting board and use a vegetable peeler to shave ribbons from top to bottom. Rotate every few peels.

Snap for a  
shopping list.  
Get the WD  
app, page 22.



*when you get some*  
**TIME TO YOURSELF**  
*be sure to invite your two favorites*  
**MAC AND CHEESE**

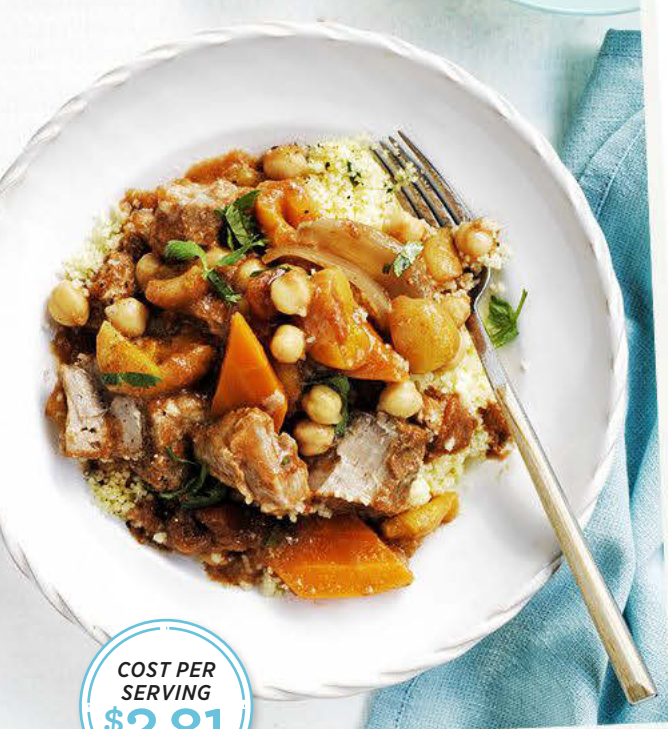


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Good Food, Good Life





#### SLOW COOKER

### Pork, carrot and chickpea stew

ACTIVE 25 MIN ♦ TOTAL 5 HR 55 MIN OR 8 HR 25 MIN ♦ SERVES 4

- ½ cup low-sodium chicken broth
- 2 Tbsp flour
- 1 Tbsp grated fresh ginger
- 2 tsp ground cumin
- 1 tsp ground coriander
- Kosher salt and pepper
- 1 2½-lb pork butt, well trimmed and cut into 2-in. pieces
- 1 28-oz can diced tomatoes, drained
- 8 oz medium carrots, cut into 2-in. pieces
- 4 cloves garlic, smashed
- 1 red onion, cut into ¾-in. wedges
- ½ cup dried apricots, quartered
- 1 15-oz can chickpeas, rinsed
- 1 cup couscous
- Chopped fresh cilantro, for serving

① In a 5- to 6-qt slow cooker, whisk together the broth, flour, ginger, cumin, coriander and ½ tsp each salt and pepper.

② Add the pork, tomatoes, carrots, garlic, onion and apricots and toss to combine. Cook, covered, until the pork is tender and easily pulls apart, 4½ to 5½ hours on high or 7 to 8 hours on low.

③ Ten minutes before serving, add the chickpeas to the pork and prepare the couscous according to package directions. Serve the pork, vegetables and any pan juices over the couscous and sprinkle with cilantro, if desired.

**PER SERVING** 616 CAL, 12 G FAT (3 G SAT FAT), 98 MG CHOL, 855 MG SOD, 44 G PRO, 79 G CAR, 11 G FIBER

COST PER  
SERVING

**\$2.81**

#### MAKE IT VEGETARIAN

Swap the pork for 1½ lbs of chopped root vegetables (like sweet potatoes, parsnips and rutabaga). Decrease the cooking time by 2 hours.

## StainGuide



**OxiClean® Versatile** tackles over **101 different types of stains**, is **color safe** and **chlorine free**.



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- Better Stain Removal



### Dirty Outdoor Furniture

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Refer to product label for specific directions.  
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## EASY ENTERTAINING

**Roasted citrus chicken salad**

ACTIVE 30 MIN ♦ TOTAL 30 MIN ♦ SERVES 4

- 2 Tbsp olive oil
- 8 small chicken thighs (about 2 lbs)
- Kosher salt and pepper
- 1 large orange, cut into 6 wedges
- 8 oz stale bread, torn into 1-in. pieces
- 2 Tbsp lemon juice
- 1 tsp Dijon mustard
- 1 5-oz pkg baby kale mix

1 Heat oven to 425°F. Heat 1 Tbsp oil in a large skillet over medium-high heat. Season the chicken with ½ tsp each salt and pepper and cook skin-side down until the skin is golden brown, 6 to 7 minutes. Transfer to a large rimmed baking sheet skin-side up and scatter the orange wedges around the chicken. Roast until the chicken is cooked through, 8 to 10 minutes.

- 2 Meanwhile, discard all but 2 Tbsp fat from the skillet and return to low heat. Add the bread to the skillet and toss in the fat to coat, then sprinkle with ½ tsp each salt and pepper. Cook, tossing the bread occasionally, until crisp and lightly golden brown, 8 to 10 minutes. Remove from the pan.
- 3 Return the pan to medium-low heat, add the lemon juice to the pan and cook, scraping up all the brown bits, for 1 minute. Remove from heat, squeeze the roasted orange wedges into the pan, add the Dijon mustard and the remaining 1 Tbsp olive oil and whisk to combine.
- 4 Add the kale mix to the skillet along with the croutons and toss to coat. Serve with the chicken.

**PER SERVING** 391 CAL, 14 G FAT (7 G SAT FAT), 90 MG CHOL, 615 MG SOD, 37 G PRO, 34 G CAR, 2 G FIBER



COST PER  
SERVING  
**\$2.10**

May 2015 / womansday.com 111



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TAKES ONLY  
20 MINUTES

## VEGETARIAN

**Spring pea minestrone**

ACTIVE 20 MIN ♦ TOTAL 20 MIN ♦ SERVES 4 ♦ COST PER SERVING \$1.58

- |                                                              |                            |
|--------------------------------------------------------------|----------------------------|
| 2 Tbsp plus 1 tsp vegetable bouillon base                    | 4 scallions, chopped       |
| 1 cup ditalini pasta                                         | ¼ cup fresh dill, chopped  |
| 1 lb mix of asparagus and green beans, cut into 1-in. pieces | Kosher salt and pepper     |
| 1½ cups frozen peas, thawed                                  | 2 oz feta cheese, crumbled |
|                                                              | ½ tsp grated lemon zest    |
|                                                              | 4 slices bread, toasted    |

**1** In a large saucepan, whisk together the bouillon base and 7 cups water. Bring to a boil, add the pasta and cook according to package directions, adding the asparagus, beans, ½ cup of peas and scallions during the last 2 minutes of cooking. Remove from the heat and sprinkle with the dill.

**2** While the pasta is cooking, in a medium bowl, lightly mash the remaining 1 cup peas with ¼ tsp each salt and pepper. Fold in the feta and lemon zest. Spoon onto the bread and serve with the soup.

**PER SERVING** 309 CAL, 4 G FAT (2 G SAT FAT), 12 MG CHOL, 1,192 MG SOD, 15 G PRO, 51 G CAR, 8 G FIBER

## GREAT VALUE

Save more than \$2 per quart when you use bouillon base rather than store-bought canned or boxed broth. We like Better than Bouillon Reduced Sodium Vegetable Base. For just \$4.99 you can make 38 cups of broth!



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**#MakeHealthPrimary**



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Protect your beauty.  
Protect your life.

**IT'S THAT WORTH IT.**

Growing up in *Texas*, I didn't give *sun safety* much thought. Given my *Latina heritage*, my skin never burned and I assumed I wasn't at risk.

Today I know that sun exposure doesn't discriminate against *skin color* and can cause *dryness, brown spots, wrinkles*, and worst of all, *melanoma*—the deadliest form of skin cancer and one of the *most common* cancers among women under 40.

So *applying sunscreen* throughout the day is my *daily ritual*. And it should be yours, too.

I also support the Melanoma Research Alliance — the leading funder of cutting-edge melanoma research. *With your help, a cure may be within reach.*

Learn about how you can *join me* in a nationwide movement to *prevent* melanoma and support life-saving research by visiting **itsthatworthit.org**. And remember to always wear your sunscreen!

— EVA LONGORIA

**Melanoma**  
**Research Alliance**

**itsthatworthit.org**  
**#itsthatworthit**







Red salsa  
p. 160

# What's for Dinner?

Make a delicious, nutritious meal every night of the week.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## GET THESE RECIPES!

For all of this month's recipes,  
go to [womansday.com/menus](http://womansday.com/menus)



Look for these heart icons, which indicate heart-healthy recipes.



Snap for a  
shopping list.  
Get the WD  
app, page 22.



1  
Posh beans on  
toast, p. 84



2  
Cumin-spiced  
lamb with carrot  
& radish salad  
p. 108

3

Spring  
beef &  
vegetable  
stew

4



Pesto salmon  
burgers with  
asparagus salad  
p. 106

5



Sausage & potato  
tacos

6



Pasta peperonata  
p. 82

7



Roasted citrus  
chicken salad  
p. 111

8



Chili steak  
with tomato &  
jalapeño salad

9

Cod &  
asparagus  
with  
tomato  
vinaigrette

10



Spinach, bacon  
& pine nut salad  
p. 87

11



Spring pea  
minestrone, p. 112

12

Asian  
chicken  
salad  
lettuce  
cups

13



Steak & snow pea  
salad with oranges  
& edamame  
p. 88

14



Shrimp po' boy

15



Pork, carrot &  
chickpea stew  
p. 110

16



Creamy lemon  
rice with herbs  
p. 104

17



Brick chicken with  
garlic & thyme

18



Chicken & black  
bean fajita stir-fry

19



Broiled salmon  
with gingery  
cucumber salad

20



BLT pasta

21



Grilled vegetable  
salad with  
couscous & herb  
pesto

22



Skillet chicken,  
potatoes &  
peppers

23



Provolone &  
arugula-stuffed  
flank steak

24

Linguine & clam  
sauce

25



**MEMORIAL DAY**  
"St. Louis-style"  
baby-back ribs

26



Asparagus,  
potato & spinach  
galette

27



Chicken cutlets  
with spring green  
salad

28



Skirt  
steak with  
chimichurri

29



Cool salmon &  
couscous salad  
with snap peas,  
orange & mint

30



Spring pasta  
carbonara

31

Leek, mushroom  
& ricotta cheese  
frittata





NEW

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keep bones strong, all with 9 grams of protein.

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Use as part of a healthy diet.

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**LIFE IN.<sup>™</sup>**



# Healthy You



## SAY YES TO Yogurt

**A** new study in the journal *BMC Medicine* found that eating 6 to 8 oz of yogurt each day—whether Greek, lowfat, nonfat or other types—was linked to an 18% lower risk of type 2 diabetes. Experts believe the probiotics may help reduce

inflammation, while the protein fills you up so you eat less overall (a healthy weight can keep type 2 diabetes at bay). But watch out: Some yogurts pack as much sugar as a slice of cake, so check the labels and choose varieties with 13 grams or less per serving.

### THREE GREAT PICKS:

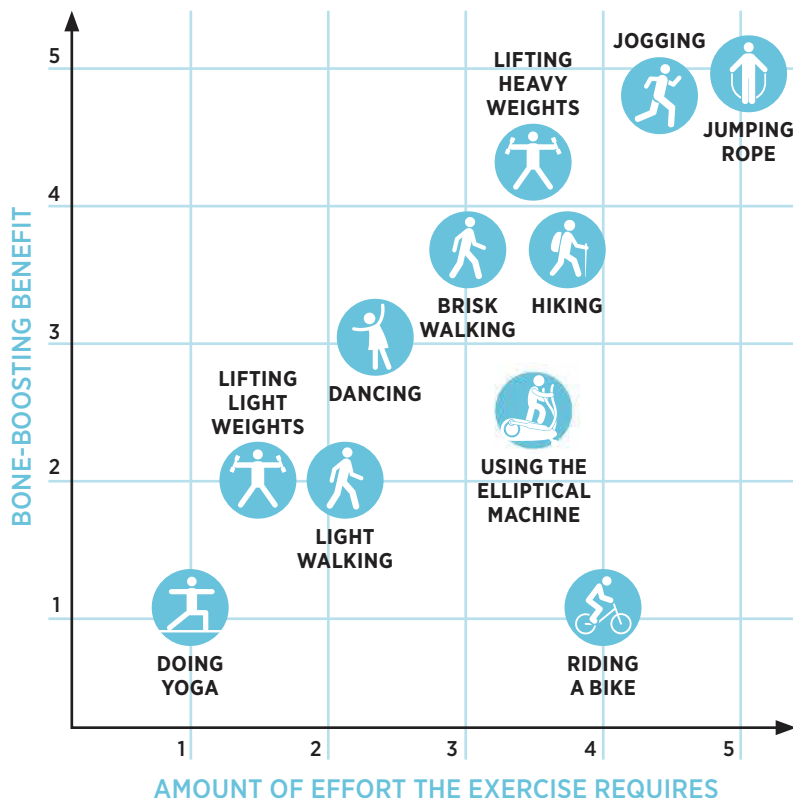
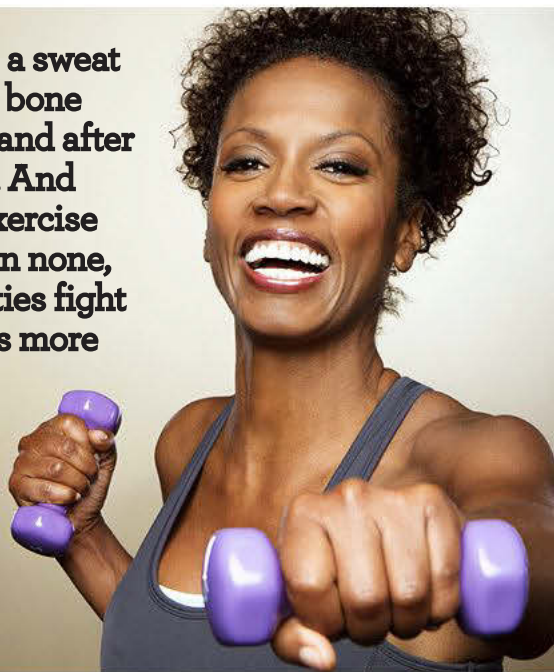
- **Chobani Simply 100 Raspberry Lemon**, \$1.29; [chobani.com](http://chobani.com)
- **Stonyfield Smooth and Creamy fat-free plain**, \$1.19; [stonyfield.com](http://stonyfield.com)
- **The Epic Seed Coconut Greek Yogurt + Chia**, \$2.99; [theepicseed.com](http://theepicseed.com)

SOURCES: Mu Chen, study author and research fellow, Harvard School of Public Health. Lindsay Martin, MS, registered dietitian, Hilton Head Health.



# The Best Moves for Your Bones

Working up a sweat can prevent bone loss during and after menopause. And while any exercise is better than none, some activities fight osteoporosis more effectively.



SOURCE: Karen Kemmis, DPT, physical therapist and member, National Osteoporosis Foundation

## {Shape-up shortcut}

### STRETCH AWAY PAIN

Ease stiffness with these relaxing stretches.

**SIDE BEND** Stand with feet more than hip-width apart. Reach right arm up and over to the left as you slide left hand down left leg. Hold for 30 seconds, then repeat on other side.



**KNEE HUG** Lie on back and hug right knee to chest while keeping left leg on the floor. Hold for 30 seconds, then repeat on other side.



SOURCE: Ellen Barrett, coauthor, *The 28 Days Lighter Diet*. Moves demonstrated by health editor Rachel Morris.

## {Sleep better tonight}

**Q** I'm restless at night. Do I need meds?

**A** Probably not. Sleeping pills aren't as effective as people think. While they do help you nod off faster, they only add 20 to 40 minutes of shut-eye to your night. Instead, consider cognitive behavioral therapy for insomnia, which targets the root causes of long-term sleeping problems by tweaking habits that keep you awake (you could be given a new bedtime routine or learn how to better manage stress, for example). Research shows this method may work even better than prescription medications. Go to [behavioralsleep.org](http://behavioralsleep.org) to find providers near you.

SOURCE: Michael Grandner, PhD, member, Center for Sleep and Circadian Neurobiology, University of Pennsylvania







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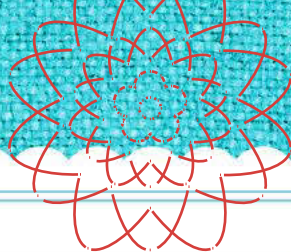
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## WOMAN'S DAY WEIGHT-LOSS REPORT



Feel like you can't say no to food?  
Use these tricks to manage your munching  
and stop overeating for good.

BY JESSICA MIGALA







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<sup>†</sup>BASED ON THE NUMBER OF LACTOBACILLUS GG CLINICAL STUDIES, AS OF AUGUST 2014.



**L**osing weight seems simple in theory: Eat less, move more. But anyone who has tried to slim down knows that saying no to extra bites isn't easy. From supersize menus at restaurants to the tempting call of the vending machine, it can seem like you're constantly being set up to overindulge. The key to taking back the reins? Figure out what's *really* fueling your appetite. Here, expert advice on breaking the consumption cycle as well as the tricks that helped five women each drop more than 40 pounds.

#### Overeating obstacle #1:

### MINDLESS MUNCHING

Scrolling through your favorite websites while eating lunch, you reach for your sandwich to take another bite—only to discover it's gone. Wait...when did you finish it? This type of distracted eating can lead people to consume up to 50% more food, according to an *American Journal of Clinical Nutrition* study.

**EAT-LESS FIX:** Put down your phone, step away from the computer and grab a smaller fork or a teaspoon. Eating with a little utensil forces you to focus on your food more and slow your eating pace. If you have to multitask while munching, dish out a serving on a salad plate and you won't be eating to excess if you gobble up every last bite (research shows adults devour 92% of what's on their plate—no matter what size portion is in front of them).



#### *The mealtime rule that worked for me*

"I sit down with my family for dinner. It sounds simple, but as a mother of seven, I used to eat dinner standing up while doing chores and polish off my plate without actually tasting the food. Now, meals are more enjoyable, and I'm in touch with my body's hunger and fullness cues."

**Tricia Drake**, Nashville, TN

**POUNDS LOST: 42**



#### Overeating obstacle #2:

### P.M. TEMPTATIONS

You're so drained by 9 p.m. that the only source of comfort is a bag of cheese curls. These after-dark calories are likely the ones that cause weight gain. Late-night eaters consume 10% more daily than those who stop after dinner, according to research from the National Institutes of Health.

**EAT-LESS FIX:** If you feel the need for a post-dinner treat at the same time each night, you're probably eating out of habit, not hunger. Changing your routine can help rewire your brain so that it doesn't expect the snack. Swap out late-night TV for a good book or a few minutes of light stretching. (Chips and a movie go together, but chips and a downward dog don't pair as well.)



#### *How I put the brakes on excess evening calories*

"I cut out all foods with sugar, which I tend to overeat. Now for my after-dinner snack I'll have Greek yogurt with berries. It fills me up and carries me over until breakfast."

**Angela Mantero**, Shelton, CT

**POUNDS LOST: 55**





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ANGIE HAHN,  
WOUNDED VETERAN



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### Overeating obstacle #3:

## NONSTOP SNACKING

The average American's between-meal bites account for 580 calories a day. While the right snack can help you lose weight (a *Nutrition Journal* study found that high-protein snacks help women eat 100 fewer calories

at dinner), the wrong ones can work against the scale.

**EAT-LESS FIX:** Make sure your snacks clock in at about 14 grams of protein (the equivalent of a container of Greek yogurt or two hard-boiled eggs). And don't be deceived by sneaky label claims. People who ate cookies labeled *organic* wrongly assumed that their snack contained significantly fewer calories than it actually did.



### My no-more-nibbles method

"I know I have zero control around sweets, so I don't keep them in the house anymore. If I truly want that cookie, now I have to get in the car and drive to the bakery to get one."

**Katie Foster**, 33, Newport, MI  
**POUNDS LOST: 125**

### Overeating obstacle #4:

## IF YOU SEE IT, YOU EAT IT

Doughnuts at a meeting, the tortilla chips at your favorite Mexican restaurant—if junk food is in front of you it will likely end up in your tummy, even if you're not hungry. Blame your brain. Research has found that simply being in the presence of high-fat, high-sugar foods lights up the reward area of the brain, making it hard to resist a bite...and another and another.

**EAT-LESS FIX:** Don't rely on willpower. A study published in the journal *Personality and Individual Differences* found that it's more effective to avoid situations where you might be tempted than it is to resist impulses head-on. So tell the waiter *before* you sit down that you'd like to pass on the free chips, or park yourself at the back of your meeting room, well out of reach of the pastry platter.



### The trick I use to avoid junk

"I stock a cooler with deli meat, KIND bars and water and keep it in my car. Then, if I get hungry while on the go, I grab a bite from my stash so I'm not tempted to buy something unhealthy."

**Gayla Jansen**, Bonita Springs, FL

**POUNDS LOST: 70**

SOURCES: Caroline Cederquist, MD, founder, Cederquist Medical Wellness Center, Naples, FL. Karen R. Koenig, LCSW, author, *Outsmarting Overeating*. Michael Lowe, PhD, professor, department of psychology, Drexel University, Philadelphia. Melissa McCreery, PhD, owner, Too Much on Her Plate overeating consultation service, Bellingham, WA. Sherry Pagoto, PhD, associate professor of medicine, University of Massachusetts Medical School. Sofia Rydin-Gray, PhD, director, behavioral health, Diet & Fitness Center, Duke University. Tiffany Wright, PhD, "The Skinny Coach" weight-loss coach, Los Angeles.

### Overeating obstacle #5:

## STRESS CRAVINGS

If the going gets tough and all you want is a brownie (or four), you're not alone: Stress is the primary trigger for emotional eating in women, reports a study in the journal *Appetite*.

**EAT-LESS FIX:** Take a minute to ask yourself what's really going on. Did your sister say something to upset you? Are you panicked over this month's bills? Instead of reaching for food, figure out how else you can ease your concerns, whether it's calling your sister to let her know how you feel or asking a money-savvy friend for advice.



### How I say no

"If I want to snack because I'm

overwhelmed, I set an alarm for 30 minutes. When time is up, I usually don't feel like eating anymore."

**Desiree Eidhuber**  
Lake Forest, CA

**POUNDS LOST: 85**







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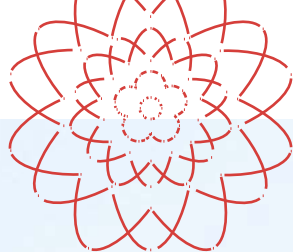
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# BOTTOM LINE HEALTH ADVICE

Experts help you sort through confusing messages so you can stay well for life.

BY BARBARA BRODY



**T**he constant flow of breaking health news can make your head spin, especially when the information is contradictory. Should you shun saturated fats or embrace them? Is wine dangerous or the ticket to a long life? Do you need to hit the gym for an hour or mere minutes? To cut through the clutter, *Woman's Day* asked experts to weigh in.

## YOU'VE HEARD:

The longer your  
sweat session,  
the better.

## YOU'VE ALSO HEARD:

Staying fit only  
takes minutes.

Super-short bouts of high-intensity interval training (alternating vigorous activity with recovery) are all the rage, but *can* you get in shape in minutes?

One trial, published in the journal *PLOS One*, found that 4-minute stints of activity are enough to protect your health. Other studies have declared 7 minutes to be the magic number. But you know what they say about things that sound too good to be true...

In order to reap major benefits from a speedy workout, you need to be in tip-top shape to begin with, says Wayne Westcott, PhD, instructor of exercise science at Quincy College in Quincy, MA. That said, you don't necessarily have to sweat it out for an hour every day. Twenty minutes of cardio activities like running, hiking, biking or swimming may be plenty if you manage to get your heart rate up.

**BOTTOM LINE** » If you do something active three to four times a week, 15 to 30 minutes is a perfectly reasonable amount for general well-being. But if you're trying to lose weight or train for an endurance athletic event, you may need to go longer.

## YOU'VE HEARD:

Red wine is  
good for your  
heart.

## YOU'VE ALSO HEARD:

Alcohol causes  
cancer.

The good news: All alcohol—including wine, beer and liquor—offers some heart-protective benefits, says Donald Hensrud, MD, a preventive medicine expert at the Mayo Clinic in Rochester, MN. For example, it raises HDL ("good") cholesterol and thins the blood, which minimizes the risk of clots.

And red wine has a slight advantage thanks to antioxidants, like resveratrol. But keep in mind, alcohol isn't risk-free. Drinking large amounts is detrimental, as it can lead to cancer and liver disease.



**BOTTOM LINE** » Aim for moderation: no more than one drink per day for women and two for men—and ideally not every single day, especially if you're at a high risk for cancer.



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**YOU'VE  
HEARD:**  
Saturated fat  
will clog your  
arteries.

**YOU'VE  
ALSO  
HEARD:**  
Butter isn't so  
bad after all.

Last year, a study published in the *Annals of Internal Medicine* seemed to turn the common wisdom that saturated fat is dangerous on its head. According to the research, people who ate more of certain types of saturated fat (found in full-fat dairy and animal products) weren't any more likely to develop heart disease than those who consumed less. But here's what you may not know: There's still plenty of expert-backed evidence that saturated fat can clog your bloodstream with cholesterol. In fact, the American Heart Association recommends limiting your intake to just 5% to 6% of your total daily calories.

Meanwhile, other types of fat have proven benefits, says Marisa Moore, RDN, a spokesperson for the Academy of Nutrition and Dietetics. "Monounsaturated and polyunsaturated fats—like those found in nuts, avocados and fatty fish—promote heart health."

**BOTTOM LINE** » A little pat of butter or a small steak is OK on occasion, but you should mostly stick with healthy fats.

**YOU'VE  
HEARD:**  
A great way  
to cut down  
on calories is  
to use artificial  
sweeteners.

**YOU'VE  
ALSO  
HEARD:**  
Fake sugar  
might be even  
worse than the  
real stuff.

Some studies have shown that people lose more weight by incorporating artificial sweeteners into their diet, but others have found that artificial sweetener users—especially diet soda drinkers—tend to be heavier. Now, a study published in the journal *Nature* finds that faux sugar might cause glucose intolerance (a condition associated with diabetes) by altering organisms in your gut.

Scott Isaacs, MD, an Atlanta-based endocrinologist and faculty member at Emory University School of Medicine, believes that sweeteners are confusing your body. "The brain thinks it's getting something sweet, which leads to cravings since you're not actually obtaining calories," he says.

**BOTTOM LINE** » If you're happy with the number on the scale, one diet soda per day (or less) is probably fine. But if you're trying to lose weight and getting stuck, consider giving artificial sweeteners the boot.

## The truth about calcium

Recent research reveals that taking calcium supplements may increase your heart attack risk by as much as 30%. Learn how to bolster your bones *without* harming your ticker.

» **Think twice about pills.** If taken in pill form, you can get too much calcium at once. If that happens, some of it may end up in your blood vessels, causing them to harden.

» **Focus on food.** Milk, yogurt and cheese are great picks, but you can get some calcium from leafy greens and fortified foods (like OJ and certain cereals), too. If your diet is lacking, talk to your doctor before popping a calcium pill.

» **If you do take a supplement, couple it with vitamin D.** This mineral acts like a traffic cop, directing the calcium into the bones where it belongs.

SOURCE: Jacob Teitelbaum, MD, internist and creator of the free Cures A-Z app



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# Help Your Heart at Every Age

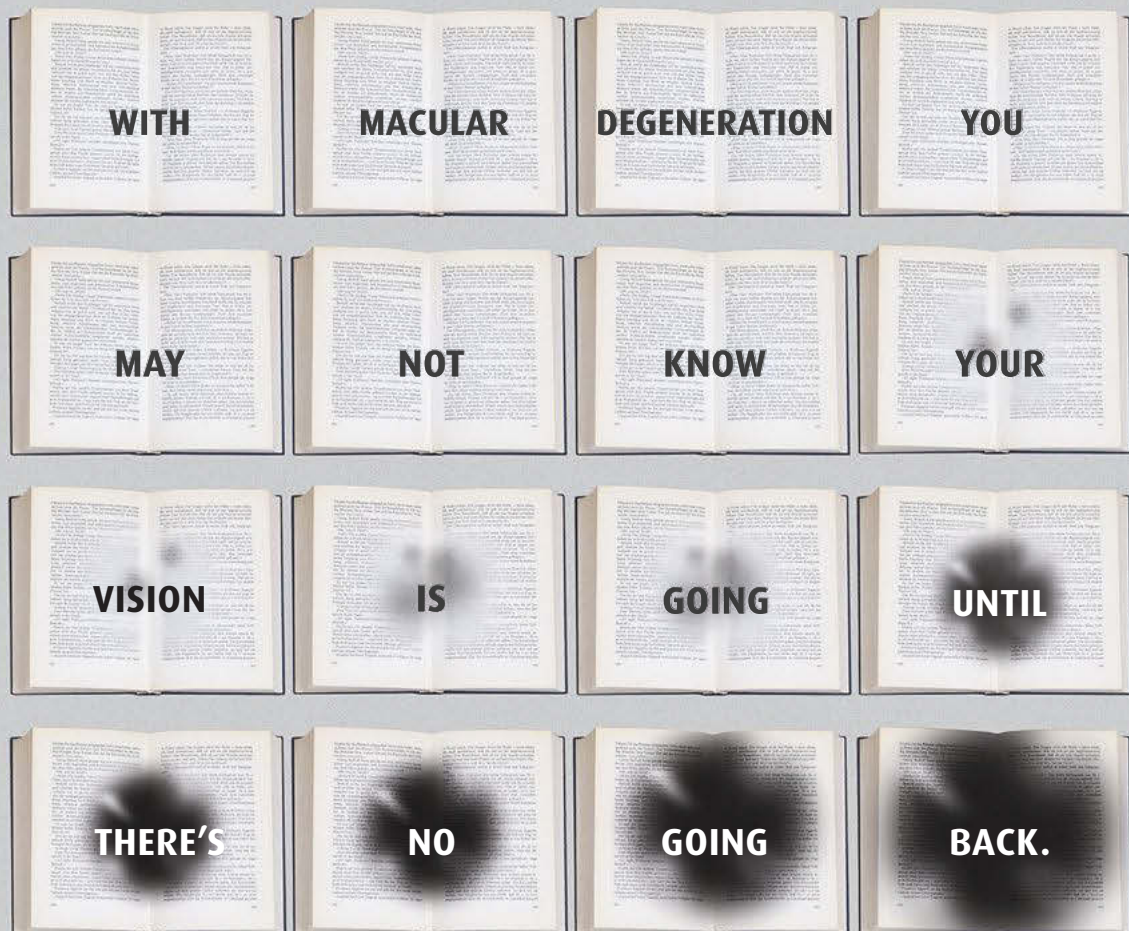
The way you care for your heart should change as you get older. Use this guide to feel great at each stage of life. BY JULIE HALPERT

|                              | EAT                                                                                                                                                                                                                                                                 | MOVE                                                                                                                                                                                                             | DO                                                                                                                                                                                                                                                                           |
|------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>In your 20s &amp; 30s</b> | <b>Start a (slightly) new diet</b><br>Nixing bad eating habits early can help control—or even reverse—your risk of coronary artery disease, so adopt the Mediterranean diet (it's been shown to benefit your ticker). Add more fruit, vegetables and fish to meals. | <b>Do a downward dog</b><br>Emotional stress is linked to reduced blood flow to the heart, especially in young women. Unwind daily with yoga, meditation or another relaxing activity.                           | <b>Get baseline readings</b><br>After your next doctor appointment, jot down your cholesterol, blood pressure and sugar levels and keep them somewhere safe. Knowing your “normal” numbers may help catch future heart complications before they become a big problem.       |
| <b>In your 40s &amp; 50s</b> | <b>Serve veggie burgers</b><br>Research from the Harvard School of Public Health found that women in their mid-40s who ate the most red meat were more likely to die of heart disease in the next 20 years. Start a “meatless Monday” tradition in your household.  | <b>Walk 30 minutes daily</b><br>If you've gained weight over time, slimming down with moderate physical activity now can help lower levels of inflammation associated with heart problems.                       | <b>Adjust your bedtime</b><br>People over 45 who sleep less than 6 hours a night are twice as likely to have a heart attack or stroke as those who log 6 to 8 hours. Instead of squeezing in tasks late at night, save them for the morning so you can go to bed earlier.    |
| <b>In your 60s &amp; 70s</b> | <b>Cook at home</b><br>It's tempting at this age to eat out more often, but restaurant fare is high in sodium and calories, which may raise blood pressure. For recipe inspiration and instruction, try the SideChef app (free; <a href="#">itunes.com</a> ).       | <b>Pick up your pace</b><br>A <i>Circulation</i> journal study found that after age 65, people who start strolling faster can lower their heart attack risk. Listening to upbeat music may speed up your stride. | <b>Hit the dance floor</b><br>New research in <i>JAMA Internal Medicine</i> shows that people who feel younger than their actual age have a lower rate of death due to cardiovascular disease, so be sure to devote time to the activities that make you feel more youthful. |

SOURCES: JoAnne M. Foody, MD, executive director, Pollin Women's Heart Center, Brigham and Women's Hospital. Jennifer H. Mieres, MD, professor, cardiology and population health, North Shore-LIJ Health System. Chileshe Nkonde-Price, MD, director, Women's Cardiovascular Health Program, University of Pennsylvania. Pamela Ouyang, MD, professor, medicine, Johns Hopkins University.





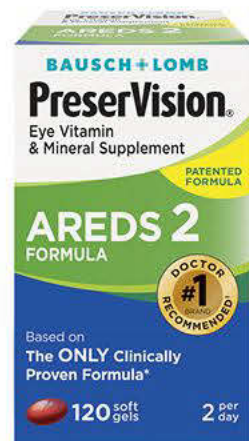


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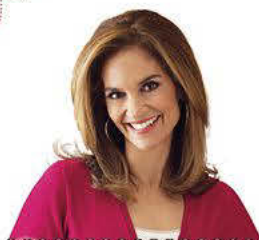


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# Double-Duty Foods

Nutrition expert Joy Bauer, RDN, shares picks that will boost your health *and* your looks.

If you stock up on the right foods, you'll not only nourish your insides, but you can pamper your outside, too. That means some foods that reduce your risk of disease are the same ones that can give you radiant skin. I invited Debra Wattenberg, MD, a dermatologist and *Woman's Day* advisory board member, to share tips for soaking in *all* the benefits of three nutritional powerhouses.



## Avocado

**JOY SAYS** A recent study from the *Journal of the American Heart Association* found that overweight people who ate one avocado per day experienced a greater drop in "bad" cholesterol and triglycerides than those who followed a similar diet without avocados. Each fruit also offers about 13 g of fiber, which helps you feel full.

**TRY IT:** Blend  $\frac{1}{4}$  avocado + 1 handful baby spinach +  $\frac{1}{2}$  banana +  $\frac{3}{4}$  cup unsweetened vanilla almond milk +  $\frac{1}{2}$  cup frozen berries. Sip for a snack.

**DR. WATTENBERG SAYS** Avocado has protein, omega-3 fatty acids and vitamins A and D, making it an ideal moisturizing ingredient.

**APPLY IT:** Blend  $\frac{1}{2}$  avocado + 1 Tbsp honey + 2 tsp olive oil. Leave on dry skin for 5 to 10 minutes, then rinse.

## Oatmeal

**JOY SAYS** Oatmeal contains soluble fiber, which slows the absorption of glucose in the stomach and can help keep blood sugar in check.

**TRY IT:** Add  $\frac{3}{4}$  cup skim milk +  $\frac{1}{2}$  cup old-fashioned oats +  $\frac{1}{2}$  Tbsp chia seeds +  $\frac{1}{2}$  ripe banana, sliced +  $\frac{1}{4}$  tsp vanilla extract to a container with a lid. Close and shake well to mix. Refrigerate overnight and enjoy in the a.m.



## Grapefruit

**JOY SAYS** Grapefruit is a good source of potassium, which can help reduce water retention or bloating.

**TRY IT:** Separate half of a grapefruit from its skin and shred with a fork. Chop up a few mint leaves and toss with grapefruit pieces. Chill and eat.

**DR. WATTENBERG SAYS** Grapefruit contains citric acids that exfoliate and unclog pores. It's also high in vitamin C, which can help relieve skin damage.

**APPLY IT:** Beat 1 egg white until fluffy, then mix in 2 tsp fresh grapefruit juice + 2 tsp sour cream. Dab onto face, let sit 10 minutes, then rinse thoroughly.



JOY BAUER, MS, RDN, is the founder of Nourish Snacks ([nourishsnacks.com](http://nourishsnacks.com)), a line of healthy and delicious snacks, and the health/nutrition expert for NBC's *TODAY* show.



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# "I lost 70 pounds!"

For Meri Jo Soe, shedding weight was a family affair. Try the tips that helped her—and her daughter—slim down.

**BEFORE**  
225 lbs



Meri Jo  
in 2012

**Age:** 50  
**Height:** 5'5"  
**My story:** *I had surgery three years ago, and I couldn't work out for over three months. I was already overweight, but my inactivity made it even worse. I knew I needed a change.*

## START FIND YOUR FIT

A friend urged me to try the F.A.S.T. (Families Always Succeed Together) diet, which you can also do solo. The 4 daily targets seemed doable: exercise, eat 1,425 calories, drink 8 glasses of water and consume 25 to 40 g of fiber. I also liked that you checked in nightly with a mentor for accountability. I signed up in September 2012.

## STEP 1 BUDDY UP

**My daughter, Megan, started the plan too. She was at college, so we'd email each other recipe and exercise inspiration. Having an extra set of ideas kept me motivated with my own routine.**



## TAKE BABY STEPS

To boost the intensity of my walks, I'd jog the width of each driveway I passed. Slowly, I increased my distance and ran for longer stretches.



## STEP 2 PUT IT IN WRITING

I record what I plan to eat for the day in the morning *before* I take a single bite. This means there is no room to cheat—if I want to have ice cream, I need to build it into my calorie budget in advance.

## STEP 3 EAT LIKE A KID

If we are dining out, I often order off the children's menu (I swap the typical side of fries or chips for fruit or a salad). The portion sizes are smaller, and I don't miss out on favorite dishes like pasta or hamburgers.

**My parents, wowed by my loss and Megan's (she dropped 40 lbs), started the plan. Encouraging them helped me stay on track, and after six months, they hit their goal weights too!**

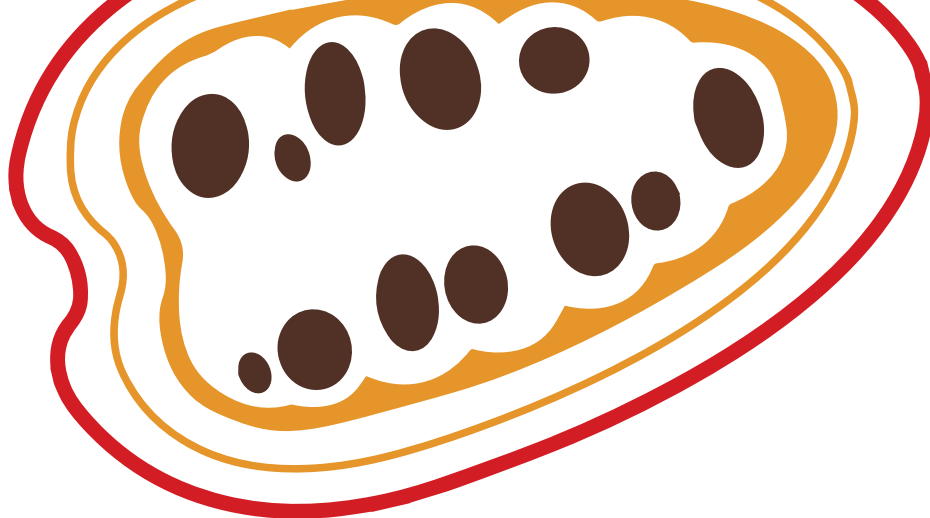
**NOW**  
155 lbs



## My stick-with-it SECRET: Set multiple goals

It's easier to keep up the momentum with my workouts if I have something to strive for, so I try to always have an event marked on the calendar. I recently completed a 40-flight stair-climb race, and before a trip to Tucson, AZ, I signed up to participate in a 5K while we were vacationing there. It was a no-excuses solution for sticking to my routine and a fun way to see the city. My next goal: Run a 10K.





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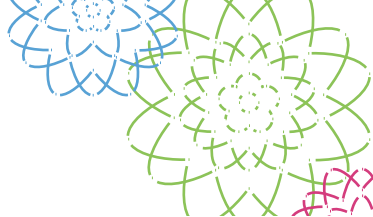


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PAM CAREY, Three Forks, MT

{ Save the date }

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Snap to see  
more. Get  
the WD app,  
page 22.

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Resort in  
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See page 159 for details and go online for official rules.



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{ To donate }

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### Strawberry Flaxtini

- 8 Tbsp Almased
- 1½ cup water
- ½ cup strawberries
- 1 Tbsp flaxseeds, ground

TRY ANY OF THE DELICIOUS SMOOTHIES BELOW TO GET YOUR DIET STARTED

### Green Energy

- 8 Tbsp Almased
- 12 oz unsweetened almond milk
- 1 cup raw spinach leaves
- ½ pear
- 1 tsp stevia (optional)



### Mocha Magic

- 8 Tbsp Almased
- 12 oz unsweetened almond milk
- 1 Tbsp unsweetened cocoa powder
- ¼ cup cold coffee
- 1 tsp stevia (optional)



### Cinnamon Roll

- 8 Tbsp Almased
- 12 oz unsweetened vanilla almond milk
- 1 tsp ground cinnamon
- 1 tsp stevia (optional)



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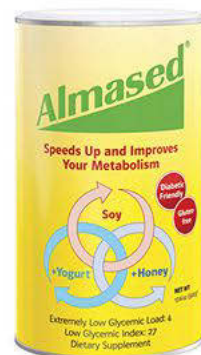
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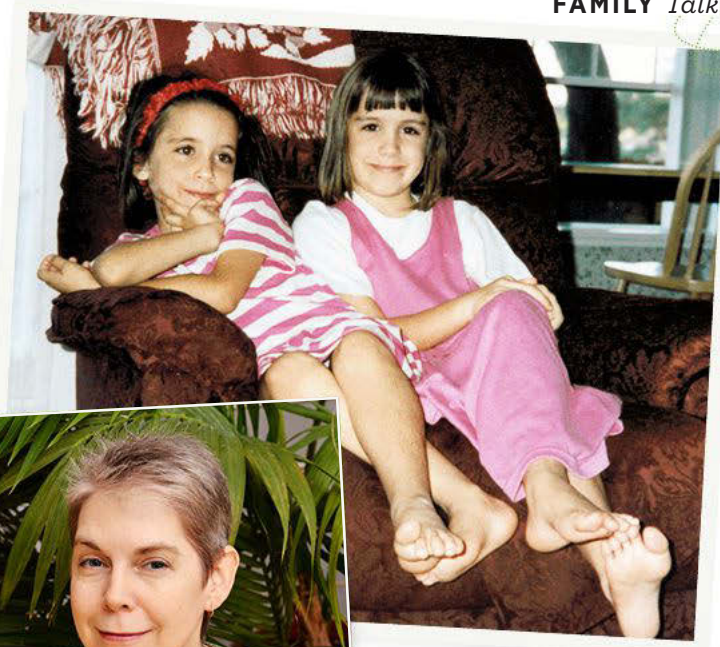
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# Judge Not

Helping her two daughters through the kinds of problems every mother fears taught author **Clare B. Dunkle** that motherhood is about learning as you go.



Elena (above left) and Valerie at ages 6 and 8. The author (left).

Let's say you hear about two teenagers in your town—sisters. One spends weeks in a psychiatric institution for cutting and burning herself. The other is hospitalized with anorexia nervosa. She's starving herself. What would you think? Maybe: *Those poor girls!*

I'm not proud of this, but a decade ago, my next thought would be about their mother. *One girl might have issues, sure, I'd have thought. But TWO? You have to wonder what's going on there. Is their mother too controlling? She must have made some bad mistakes if her children have so many problems.*

I don't think that way anymore.

## Getting it "right"

My daughters, Valerie and Elena, are two years apart. They grew up as close friends: Valerie, smart and cheerful, and Elena, a leader and a dedicated student. I wanted to help them succeed and be happy, to be the best mother I could be.

But with so many choices (how much sleep do they need? which toys are truly educational?), I worried

about how well I was doing. I felt insecure, so I kept an eye on other moms, comparing our parenting.

*That poor woman!* I thought as a tired mom pulled her screaming preschooler from the playground. *But she isn't sharing her expectations with her child! I let my children know 5 minutes before it's time to leave, so I don't have that problem.*

“I've grown through our crises, and I'm done comparing myself to other mothers.”

I didn't feel like a bad person when I judged these women. I thought I was being an active, responsible mother, making sure my choices were good ones. But the fact is that I usually reassured myself at someone else's expense. And really, what did I know about the challenges other moms faced? Nothing. But in my need to feel better, I judged and confirmed the value of my own decisions.

## A tough road

By the time my daughters were in middle school, I felt pretty good about my mothering. Elena and Valerie had no cavities. (Sensible snacks.) They read constantly. (Lots of library trips.) They spoke two languages fluently. (I'd helped them after school.) They were happy and confident, had lots of friends and loved their school. All they seemed to need was for me to cheer them on—which, of course, I did. I was so proud of them!

But just before Elena turned 14, everything fell apart. The girls became angry, moody and nervous. I followed them around, asking tactfully what was wrong, but they were evasive. Weeks passed, then months, but it only got worse. Elena grew thin. I caught Valerie smoking. Then she began to harm herself.

I felt bewildered and terrified—and also ashamed. I knew what I would have said about a mother like me if I'd been looking in from the outside: *That poor woman! Still, children don't turn out like that by accident, do they?*

Had I done something wrong?



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## FAMILY Talk

I didn't know, and not knowing felt horrible. But the one thing I did know was that second-guessing myself now would do nothing for my girls. So I set aside my own worries and redoubled my efforts to find them help.

I took Valerie to doctors and psychologists and spent hours on the phone to sort out insurance tangles. Valerie spent six weeks in a mental facility, and in time, she came out of her depression. Elena needed more serious intervention. Throughout her high school years, we went from hospital to hospital as first her heart showed damage from the anorexia, then her thyroid and spine. When she was 20, I moved with her 900 miles away so that she could get the round-the-clock treatment she needed.

My daughters had gone from happy to miserable almost overnight, and during their treatment, I finally learned why: Just days before her 14th birthday, Elena was raped. She was too proud to tell anyone and she blamed herself, so she turned to starvation to control her violent emotions.

As for Valerie, most of her beautiful, sunny confidence came from her family's love and approval, and she was closest of all to Elena. But Elena, filled with rage, suddenly turned against her sister and became cruel. That crushed Valerie's sense of self-worth. With depression and anxiety on both sides of their family tree, my daughters were vulnerable to stress.

It was agony to think about what they'd suffered, and I often lay awake at night, wondering what I could have changed, or what I might have done differently. But for the first time, I didn't measure my choices against other mothers'.



Elena (left) and Valerie, friends again.

The crisis was too big for that. All I worried about was helping my family heal.

### Learning curve

With time and treatment, Valerie and Elena regained their joy. Today, they're happy, fulfilled young women with families of their own. They're closer than ever because of what they went through.

I've grown too. I'm done comparing myself. I've been the mother whose child graduates with honors *and* the one whose child rages in public. Being both of those mothers has taught me that judging other parents is a trap. It doesn't make us do our jobs better. We just end up worrying more, and that's no help when our families hit a crisis. The truth is, none of us has the slightest idea what challenges another mom faces. We all have our good years and bad years. We all have our burdens to bear.

I've also learned that we moms don't have to be right all the time. We just have to be ready to grow. At the end of the day, a good mother is one who helps her children have their chance at happiness. That's truly all that matters.

~~~~~  
CLARE B. DUNKLE is the author of *Hope and Other Luxuries*. She and Elena cowrote *Elena Vanishing*, also out this month.



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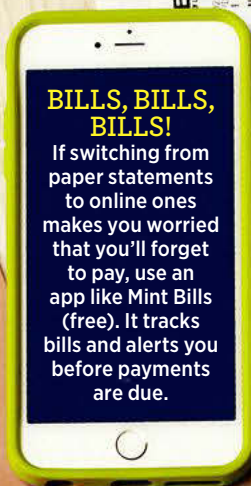
Clear Away PAPER CLUTTER

Bills. Insurance claims. School forms. Coupons. Totally overwhelmed? Not anymore! Follow these simple steps to free up counter space—and precious time.

BY LESLIE GOLDMAN

1 Coupons

Divide flyers and coupons into two piles, according to when you'll use them: "Put in wallet" and "Don't know when." File the latter (like 20% off at zappos.com) in a folder. Place others (like \$2 off your usual cereal) in your wallet or purse. If you have a phone with a personal assistant such as Google Now or Cortana, set it to remind you to use your coupon at the supermarket or other stores.



2 Receipts and financial documents

If you're not quite ready to go paperless, go less-paper instead. **Keep hard copies of truly important paperwork** such as tax documents. For everything else, use a simple scanner—try the Duxie One (\$129; getdoxie.com), which is the size of a paper-towel roll, portable and connects easily to your computer. Use it to scan the following papers, then toss them: receipts, records of charitable contributions, tax-deductible purchases, tuition payments and paid medical bills. As for product manuals, you can skip the scanning, as most of them are online. Then drag those PDFs into computer folders. Just be sure to back up your computer's hard drive to an external drive monthly (or at least twice a year).

3 School forms

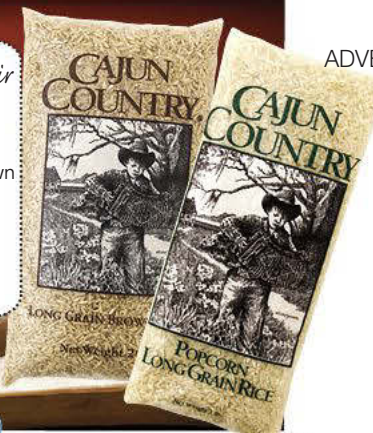
Use stacking baskets—one per child—as a landing place for all school papers: event flyers, permission slips, reports or artwork. Starting in kindergarten, kids can put everything into their basket themselves. Then pick a time to sort through each basket daily. **Signed forms go immediately back into backpacks.** Forms that you can't sign yet (because you don't know if you can make 24 snacks three Mondays from now) stay in the inbox with a "sign here" sticker tab marked with the due date. Then set a phone alert for the same date.



KID STUFF
Either hang (as in artwork), scan (report cards, say) or recycle (everything else).

SOURCES: Monica Friel, chief executive organizer, Chaos To Order, Chicago; Becky Rapinchuk, author, *The Organically Clean Home*; and founder of the blog Clean Mama. Jacquie Ross, professional organizer and certified life coach, CastAway the Clutter!, Baltimore.

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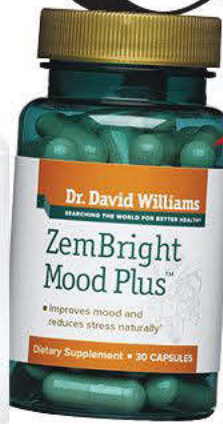


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BUILD A *BETTER* CREDIT SCORE

BY KATE ROCKWOOD

Why do you want a high credit score? Three words: You save money. The difference between stellar and not-so-good credit could save you more than \$6,000 on a five-year, \$20,000 auto loan. That's because lenders weigh both your credit report (a history of your financial actions) and your credit score (a numerical snapshot of that past) when deciding terms and rates for everything from home mortgages to store credit cards.

Read this to separate fact from fiction—then improve your score.



DOES YOUR SPOUSE HAVE CRUMMY CREDIT?
Don't worry! There's no household score for the two of you. Keep in mind, though, that if you're applying for a joint account, both your histories will be considered.

1

Checking your credit report more than once a year will damage it.

FALSE

While it's true that applying for a loan or a line of credit will cause your score to dip 5 to 10 points, credit agencies distinguish between these kinds of requests and consumers pulling their own reports. So don't hold back from requesting your report and reviewing it carefully at least once a year. A Federal Trade Commission study found that 1 in 5 reports contain an error that may affect your score—so finding and fixing it can help. You're legally entitled to a free report from each of the three main credit agencies (TransUnion, Experian and Equifax) every year.



It's better to make a minimum onetime payment than a larger late payment.

TRUE

Your ability to pay on time counts for as much as 35% of your credit score—and just one late payment can drag it down by quite a bit. FICO, an agency that calculates your score, doesn't award brownie points if you pay more than the minimum once it's late.

So above all, be prompt. For bills that are the same amount each month, set up automatic payments. For others, create calendar alerts so no due date slips through the cracks.



When you declare bankruptcy, your credit is wiped clean.

FALSE

Bankruptcy can be a last resort to regain control of your finances, but it doesn't mean a fresh start for your credit report. The public

record of the court proceedings lingers on your credit report for 7 to 10 years, and any accounts included in the bankruptcy affect your credit score until seven years after the first delinquency date. If you've filed for bankruptcy, you can start to rebuild your credit, but with baby steps: Be sure to pay your bills on time and spend conservatively. Regular, responsible use of credit is the way to lift your score slowly but surely.



Once you've settled a debt, it drops off your credit report.

FALSE

Whether it's good, bad or ugly, accurate information on your credit report stays put for an average of seven years. So even if you catch up on your past-due MasterCard bill, those late-payment dings will show up on your report.

One way to prevent the semipermanent mark: Call your lender as soon as you know you're going to be more than one billing cycle late and explain the circumstances. If you're a long-term client in good standing, they may honor your request to not report the late payment to credit agencies.



Having a fistful of plastic hurts your credit score.

FALSE

Less isn't more when it comes to the number of cards in your wallet. For one, banks like to see you manage your credit responsibly, and ideally that means having more than one credit card. Second: Closing an account means you have less credit and are using a bigger percentage of it, which can harm your score.

If you must close an account, pick one you've had for a short time, with a modest limit, and don't close more than one card per year.



Extending your credit limit raises your score.

TRUE

By most measures, almost a third of your score is determined by credit utilization—the ratio of how much debt you have to how much credit is available to you.

In general, you want to be using 30% or less of your available credit.

One way to improve your ratio is to pay down balances; another is to increase your credit limit. Call the card company where you've had the longest, cleanest payment history and remind them that you've been a dedicated client for a long time. Just don't spend more to match your higher limit!



You can pay to have your financial blunders erased.

FALSE

Beware of companies that claim they can clear a credit report of your mistakes, like the time you paid your Visa bill three months late or forgot that you had an

auto loan. What these companies do is flood credit-reporting agencies with dispute letters. But once a creditor verifies that it was your misstep, the info goes right back on your report.

What can be permanently changed on your report are any factual inaccuracies, such as duplicate accounts. If you do spot an error, send a certified letter to the credit-reporting agency or dispute it online, providing copies of supporting documents.



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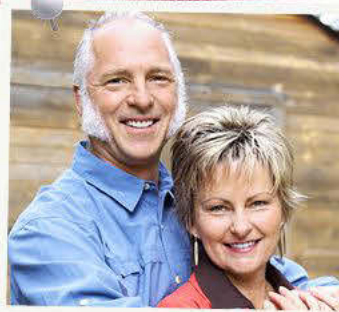
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Rein in Wedding Spending

No more money drama! Dave Ramsey and Rachel Cruze solve your family's knottiest problems.



“We’re paying for part of our daughters’ weddings. What should we know?”

Laura Longville
RAPID CITY, SD

Laura and her husband, Mark, are helping their three daughters with their dream weddings. “We are giving each of them \$12,500 to use as they like—they can elope and buy a house, or they can have an expensive wedding. But anything that costs over that, they’ll have to pay for themselves,” says Laura, adding that she and Mark don’t have any debt. “Our question: Is there anything we’re missing about giving them a gift that big?”

DAVE: Wow, your hearts and your heads are in the right place. So many parents get caught up in the “perfect princess wedding” for their daughters. It’s OK to want the day to be memorable, but the average wedding in America costs almost \$30,000! And there is absolutely no correlation between the cost of a wedding and the quality of a marriage. I’ve seen research that shows that the more you spend, the more likely you are to divorce.

But what you guys are doing is more than reasonable. In fact, it’s exactly what my wife, Sharon, and I did for our daughters—we sat down with each couple and told them how much we’d give them. Then, we put that amount in an account under both their names and let them manage it together. Once it was gone, it was gone.

RACHEL: Mom and Dad gave my fiancé and me a huge gift—and I’m not talking only about money. Managing the wedding account gave us priceless experience working as a budgeting team

for the first time. But please understand: You're not a bad parent if you decide it's up to your daughter and her fiancé to pay for all or part of the celebration. The wedding is a blessing, but parents aren't obligated to pay the bill! I've heard of some who take loans, even cash out retirement accounts. That's not a good plan.

Of course, if parents would like to help, they should, but it only makes sense if you've got the cash. That means you're not going into debt to pay for the event. I'm not saying it's not tempting—it's *so* easy to get carried away. With all the celebrity weddings, expectations can become unrealistic.

DAVE: And that's something you as a parent will want to help the couple with: setting priorities for what's important to them in a wedding. That's my big concern in giving your children such a big check. You can't just give them the money and wish them luck; you have to make sure they know how to manage that money to make the most out of it. That means sitting down with them and helping them come up with a budget.

This is actually a mistake we made with our first daughter who got married. She knew how to budget well, but we didn't do enough to help her navigate the millions of details involved in a nice wedding, which most kids can use help with. The hard part is finding the balance between helpful coaching and over-the-top micromanaging. Don't give them the money if you aren't prepared to release it emotionally. You have to accept the fact that they are going to make some choices that you don't like, and that's OK. It's their wedding, not yours.

RACHEL: That's right. And if they don't take your advice, don't be

offended. Since you've decided to give the money as a gift, there should be *no* strings attached. If that's not the case, then it's not a gift. That's OK too, but you need to be clear with your expectations.

Personally, I love that you're letting them decide how to spend it. Your daughters will have a sense of responsibility over what they do with that money, because it's now theirs! Whether they make good or bad choices, the consequences will be on them. And that's an important lesson in life.

DAVE: Now, if you guys stick to your \$12,500 ceiling, you won't have to worry about this, but if you were to change your mind and give a couple more than \$14,000 for their wedding, that money is going to be subject to the gift tax. That means they'll have to report it as taxable income. You do not want to send the government any of your daughter's wedding fund! The best way to avoid the gift tax is pretty simple: If you want to give \$15,000, for example, just write two checks—one to your daughter for \$7,500 and another to the groom for \$7,500. That way, you've given them the same \$15,000 you planned, but the government can't get their hands on it.

RACHEL: I know your daughters will have great celebrations. No matter what happens, remind them that their wedding is just one day. Marriage is for a lifetime.



WD \$ EXPERTS

Dave Ramsey's latest book is *Smart Money Smart Kids*, coauthored with his daughter Rachel Cruze. *The Dave Ramsey Show* is heard by more than 8 million listeners each week on more than 500 radio stations.

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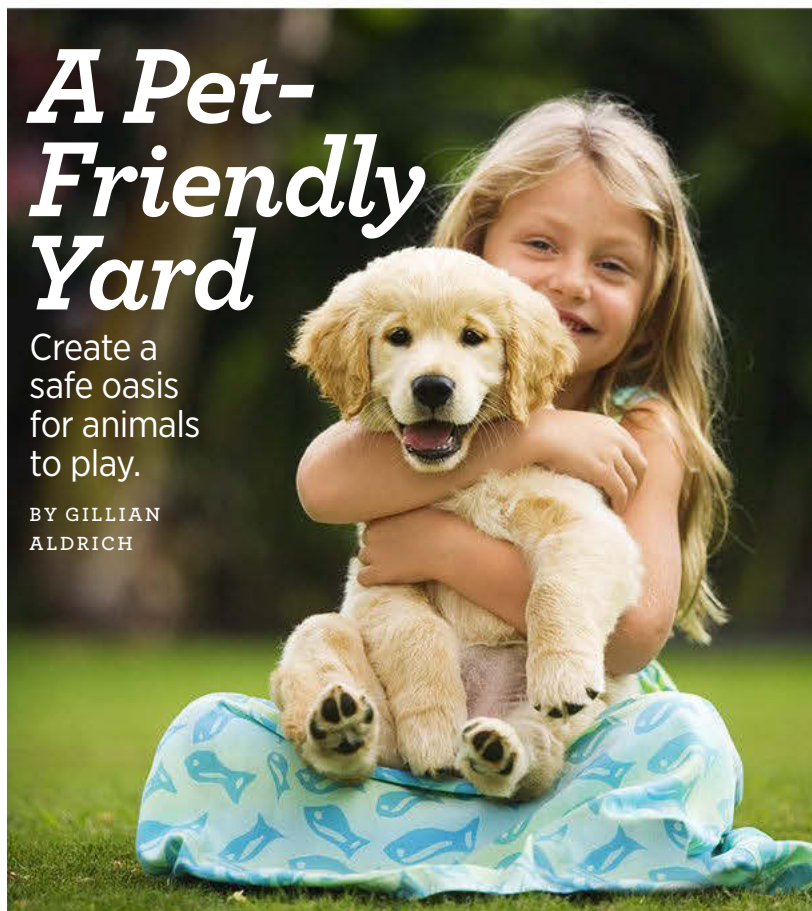
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A Pet-Friendly Yard

Create a safe oasis for animals to play.

BY GILLIAN ALDRICH



Protect your pet from...

» HARMFUL CHEMICALS

Many fertilizers, mulches and herbicides contain compounds and metals that can hurt pets. Cocoa mulch, for example, is poisonous if your pet ingests a lot. Look for safer alternatives, like root mulch or gravel.

» FLEAS AND TICKS

Repel the pests that can cause skin irritation and Lyme disease with a monthly pesticide. Try all-natural Wondercide's Evolv. Bonus: The spray is safe to use on indoor upholstery. (\$24.99 for 16 oz; wondercide.com)

» THE ELEMENTS

Heatstroke can afflict dogs, too. If you leave your dog in an enclosed outdoor area, make sure he has clean water and shade. A portable canopy (\$29.99; alcottadventures.com) is an easy fix for an exposed yard.

Protect your yard from...

» URINE STAINS

If your pet's pee is bleaching your green grass, try putting Dog Rocks (\$19.99; chewy.com) in his water bowl. The stones naturally filter out nitrates from your dog's water, thereby lowering the amount in his urine.

» HOLES EVERYWHERE

Redirect a digger by creating a single dirt pit for him in one corner of the yard and bury treasure such as rawhide bones or kibble. Finding goodies will entice him to keep returning to that dig-friendly zone.

» EXTRA "FERTILIZER"

To avoid a minefield in your yard, give Fido his own designated spot to relieve himself, ideally near an upright structure such as a tree. Take him there at least twice a day, rewarding him when he goes.



Most cats go crazy for this easy-to-cultivate plant. To start from seed, try the Gimborn CatNip Plus Easy Grow kit (\$4.49; pet360.com). Give the pot 5 hours of sun, but keep it out of your cat's reach until the plant is established. Once it has a strong stalk and leaves, you can plant it outside.

{Ask an expert}

Q I hate cutting nails! What if I hurt my pet?

A To avoid cutting your dog or cat's nail too closely, trim only the curved tip, staying away from the quick (the soft tissue underneath, which is filled with blood vessels). In case you do draw blood, keep a bottle of styptic powder, like Kwik Stop (\$11.99; petco.com), on hand, and apply with a moistened cotton swab. With firm pressure, the bleeding should stop within

Me-ouch!



seconds. If you start regular nail trims when your dog or cat is still young, her quick will stay relatively short, making cuts easier to avoid later.

SOURCE: Michele Cohen, owner, The Dog Bar grooming boutique, Miami

SOURCE: Jill Marie O'Brien, CPDT-KA vice chair, Association of Professional Dog Trainers



The ideal treat for dogs with food sensitivities.

Oven-baked for crunchy goodness, natural BLUE Basics Biscuits are made with salmon or turkey — proteins not commonly used in dog food or treats, which makes them an ideal choice for dogs with food sensitivities.



Do-Good Dogs

Meet four famous canines who are using their star power to help others in need. BY NICOLE PAJER



Cuddly and caring: Boo has raised more than \$100,000.

Boo

The world's cutest dog

AGE: 8 • **HOME STATE:** California

RISE TO FAME: As a puppy, Boo's body fur was so matted that it had to be shaved, resulting in an unintended teddy-bear look. But his owners had a feeling that his signature hairdo could be put to good use. In 2009, the Pomeranian got a Facebook page and, through tweets from celebrities like Khloe Kardashian, quickly racked up more than 17 million fans, released three books and appeared

on *Jimmy Kimmel Live!*

HOW HE HELPS: Boo has requested that his fans donate to different charities in honor of his birthday. Thus far, he has raised big money for organizations like Charity Water, a group that provides safe drinking water in developing nations. "We also get emails from fans explaining how Boo's photos have helped them get through everything from final exams to a death in the family," his owner says.



**“My boy has food sensitivities.
Now I feed him BLUE Basics and he’s
never looked or felt better.”**

BLUE Basics® is a limited-ingredient diet designed to minimize the food sensitivities some dogs experience, while providing them with a delicious and nutritious meal. It always starts with salmon, turkey or duck — proteins not common in dog foods — and includes easily digestible potatoes and peas.

And, when we created BLUE Basics, we were sure to avoid many of the ingredients that can trigger allergic reactions in some dogs.

- NO chicken or beef
- NO corn, wheat or soy
- NO dairy or eggs

If your dog or cat has food sensitivities, ask your veterinarian about BLUE Basics.

BlueBasicsPets.com

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and in grain-free recipes.

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SHEBA is meat-first and filler-free.*
Why feed your cat anything else?



*SHEBA® Entrees start with real meat like beef, poultry or seafood.
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PET Tales



Lentil

The cleft palate ambassador

AGE: 2 • **HOME STATE:** Pennsylvania
RISE TO FAME: Lentil, born with a double cleft nose, lip and palate, had surgery on his palate so he could eat and drink without help. But owner Lindsay Condefer left his cleft lip and nose as is. "The world loves this face," she says of his 147,000 Facebook followers.
HOW HE HELPS: Lentil is a mascot for Operation Smile, which provides free surgeries for children with facial deformities. Not only does he help raise money, but he also offers moral support: He mails the kids bravery medals and birthday cards or visits them as part of his "Chews Kind" Tour. His online followers help foster his message of acceptance.



Toast

The toothless style icon

AGE: 9 • **HOME STATE:** New York
RISE TO FAME: In 2012, Katie Sturino rescued Toast, a Cavalier King Charles Spaniel, from a North Carolina puppy mill. Conditions were so bad that Toast had lost her teeth, giving her a hang-out tongue. Katie dressed her up for fun one day and saw that she had a flair for fashion. "She was born to wear clothes," says Katie. Soon, Toast was a social media star and appeared on *Good Morning America*.
HOW SHE HELPS: A portion of proceeds from items adorned with Toast's likeness (at toastmeetsworld.com) are donated to Friends of Finn, a group that cares for dogs rescued from puppy mills. She also posts on Instagram, using her celebrity status to promote awareness of the issue.



Jesse

The world's smartest dog

AGE: 9 • **HOME STATE:** Arizona
RISE TO FAME: Heather Brook knew she had one smart puppy when her 8-week-old Jack Russell Terrier, Jesse, learned to sit, and later graduated to tricks like a walking handstand, jumping rope and skateboarding. He quickly rose to fame after his "Useful Dog Tricks" video garnered 16.5 million YouTube hits.
HOW HE HELPS: Jesse, who performs at fundraising events, gave his \$10,000 prize from a trick competition to the Arizona Jack Russell rescue group in 2008. Jesse also stars in educational videos, helps spread the word about shelter dog adoption and does therapy work with hospitalized children and the elderly.



Snap to watch videos of Boo, Lentil, Toast and Jesse in action. Get the WD app, page 22.

CLOCKWISE FROM TOP LEFT: COURTESY OF MY NAME IS LENTIL; COURTESY OF TOASTMEETSWORLD; COURTESY OF JUST JESSE THE JACK.



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Also shown on page 79

Stained glass butterfly cookies

ACTIVE 1 HR 30 MIN ♦ TOTAL 2 HR 30 MIN

MAKES ABOUT 6 DOZEN ♦ COST PER COOKIE 8¢

- 2¾ cups all-purpose flour
- ½ tsp baking powder
- ¼ tsp kosher salt
- 1 cup (2 sticks) unsalted butter, at room temperature
- ¾ cup granulated sugar
- 1 large egg
- 1½ tsp pure vanilla extract
- 16 hard candies, assorted colors (such as Jolly Ranchers, sour balls or Life Savers), each color finely crushed
- Butterfly-shaped cookie cutters (assorted sizes)
- Small aspic or other tiny shaped cutters (ateco.com)
- Colored royal icing, for decorating (recipe, right)

- 1 Heat oven to 350°F. Line baking sheets with parchment. In a large bowl, whisk together the flour, baking powder and salt.
- 2 Using an electric mixer, beat the butter and sugar until light and fluffy, about 3 minutes. Beat in the egg, then the vanilla.
- 3 Reduce mixer speed to low; gradually add the flour mixture, mixing until just incorporated. Shape the dough into 4 disks; roll each between 2 sheets of wax paper to ⅜ in. thick. Refrigerate until firm, about 30 minutes (or freeze for 15).
- 4 Using floured butterfly cookie cutters, cut out cookies and place them on the prepared sheets. Refrigerate until firm. Using smaller cutters, cut out the center for the body and parts of the wings. Reroll, chill and cut the scraps. If desired, insert part of a toothpick in the top corner of each cookie (this will allow you to hang them). You may need to make

this hole larger to accommodate a ribbon or leave one piece of the stained glass unfilled with candy.

- 5 Bake, rotating the positions of the pans halfway through, until the cookies are just set and beginning to turn light golden brown around the edges, 8 to 10 minutes. Let cool on the sheets.
- 6 Spoon crushed candy into the cutouts within each cookie until level with top of dough; brush off stray pieces. Bake until the candies have melted, 2 to 3 minutes. Let cool on the sheets.
- 7 If desired, decorate the cookies with royal icing (recipe, below).

PER COOKIE 116 CAL, 3 G FAT (1 G SAT FAT), 2 MG CHOL, 36 MG SOD, 0 G PRO, 20 G CAR, 0 G FIBER

Royal icing

Using an electric mixer, beat 3 large egg whites and ½ tsp cream of tartar on medium-high speed in a large bowl until foamy, about 1 minute. Reduce the speed to low and gradually add 1 lb confectioners' sugar, beating until just incorporated. Increase the speed to high and beat until medium-stiff glossy peaks form, 5 to 7 minutes. Separate into bowls and tint different colors with gel paste food coloring, then transfer to separate pastry bags fitted with fine tips (we used Ateco 1 tips).

Grassy lemon cupcakes with bees and flowers

ACTIVE 45 MIN ♦ TOTAL 1 HR 15 MIN
MAKES 24 ♦ COST PER CUPCAKE 34¢

- 2½ cups all-purpose flour
- 2 tsp baking powder
- ½ tsp kosher salt
- 1½ cups granulated sugar
- 1 Tbsp fresh lemon zest plus 2 Tbsp juice
- 1 tsp pure vanilla extract
- 1 cup (2 sticks) unsalted butter, at room temperature
- 3 large eggs
- 1 cup whole milk
- Green buttercream frosting (recipe, right)
- Icing flowers, for decorating
- Fondant bees, for decorating

- 1 Heat oven to 350°F. Line two 12-hole muffin pans with paper liners.
- 2 In a medium bowl, whisk together the flour, baking powder and salt. Using an

electric mixer, beat the sugar, lemon zest and juice, vanilla and ¾ cup (1½ sticks) of the butter in a large bowl until light and fluffy, about 3 minutes. Beat in the eggs one at a time.

- 3 Reduce the mixer to low and alternately add the flour mixture and the milk, mixing just until incorporated. Divide the batter among the muffin cups (about ¼ cup each) and bake until a wooden pick inserted in the center of each cupcake comes out clean, 22 to 28 minutes. Let cool in the pan for 10 minutes before transferring to a wire rack to cool completely.
- 4 To decorate cupcakes, transfer the buttercream frosting (recipe, below) to a piping bag fitted with a grass piping tip and frost the tops. Arrange flowers and bees on top.

PER CUPCAKE 120 CAL, 8 G FAT (4 G SAT FAT), 16 MG CHOL, 39 MG SOD, 1 G PRO, 13 G CAR, 1 G FIBER

Buttercream frosting

Using an electric mixer, beat 1 cup (2 sticks) unsalted butter (at room temperature) on medium speed until creamy, about 2 minutes. Reduce the mixer speed to low and gradually add 1 lb confectioners' sugar, alternating with 2 Tbsp heavy cream. Add 2 tsp pure vanilla extract. Increase the speed to high and beat until fluffy, about 2 minutes. Tint green with leaf green gel paste food coloring.

Fondant bees

Shape yellow fondant into small bee bodies. Roll out black fondant and cut thin strips. Brush 2 strips with corn syrup and carefully place on the bee body, pressing gently to help adhere. Gently press 2 pieces sliced almonds into the body for wings. Use flower stamens (wilton.com) for antennae and royal icing (recipe, left; tinted black) for the face.

To hang cookies

- 1 Choose a fresh branch (something live or recently clipped will hold the weight of the cookies better than a dried version) and apply a coat of white spray paint.
- 2 Once dry, place the branch in a small-mouthed vase (anchor with sand if necessary).
- 3 Thread ribbon through the cookie holes and tie to the branches.

Shown on page 160

Red salsa

ACTIVE 15 MIN

TOTAL 15 MIN

MAKES 2½ CUPS

COST PER SERVING 41¢

- 1 red pepper, cut into 1-in. pieces
- 2 Tbsp olive oil
- 1 lb plum tomatoes, halved
- 4 scallions, cut into 2-in. pieces
- 2 jalapeños, halved and seeded
- Kosher salt and pepper
- 1½ cups fresh cilantro leaves
- 3 Tbsp fresh lime juice
- Tortilla chips, for serving



- 1 Heat broiler. On a large broiler-proof rimmed baking sheet, toss the pepper with the oil and broil for 2 minutes.
- 2 Add the tomatoes, scallions and jalapeños, season with ½ tsp each salt and pepper and toss to combine. Broil, tossing once more, until the vegetables are tender, 3 to 4 minutes total.
- 3 Transfer the vegetables to the bowl of a food processor, add the cilantro and pulse until finely chopped. Add the lime juice and pulse to combine. Serve with chips, if desired.

PER ¼-CUP SERVING 39 CAL, 2 G FAT (0 G SAT FAT), 0 MG CHOL, 100 MG SOD, 0 G PRO, 3 G CAR, 1 G FIBER

MAY SWEEPSTAKES

NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. Two (2) ways to enter: (i) Online Entries: Visit womansday.com/giveaways, and complete and submit the entry form pursuant to the on-screen instructions; or (ii) Wireless Entries: Download the Woman's Day Access WD app by visiting the iTunes App Store, Amazon Marketplace or Google Play. Then use your Internet-enabled mobile phone to scan any of the Digimarc-enhanced *Woman's Day* icons for the sweepstakes you wish to enter and fully complete and submit the Official Entry Form presented. PLEASE NOTE THAT YOUR ENTRY WILL NOT BE COMPLETED UNTIL YOU HAVE COMPLETED THE OFFICIAL ENTRY FORM AND ENTERED YOUR CONTACT INFORMATION. Important Notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Must be 21 years or older and a legal resident of the 50 United States, the District of Columbia or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at womansday.com/giveaways.

WIN IT SWEEPSTAKES (page 22)

Enter beginning 12:01 a.m. (ET) on April 7, 2015, through 11:59 p.m. (ET) on June 7, 2015, for the hayneedle.com Sweepstakes; between April 6, 2015, at 12:01 a.m. (ET) through June 6, 2015, at 11:59 p.m. (ET) for the overstock.com Sweepstakes; between April 5, 2015, at 12:01 a.m. (ET) through June 5, 2015, at 11:59 p.m. (ET) for the Gardener's Supply Company Sweepstakes; between April 4, 2015, at 12:01 a.m. (ET) through June 4, 2015, at 11:59 p.m. (ET) for the burkedecor.com Sweepstakes; and between April 3, 2015, at 12:01 a.m. (ET) through June 3, 2015, at 11:59 p.m. (ET) for the Stinger Sweepstakes.

BOOK CLUB SWEEPSTAKES (page 33)

Enter beginning 12:01 a.m. (ET) April 6, 2015, through 11:59 p.m. (ET) on June 6, 2015. Eight (8) Winner(s) will receive a signed copy of *At the Water's Edge* by Sara Gruen. If a signed copy is not available, an unsigned copy will be substituted. (ARV: \$28. Total ARV: \$224.)

BULLETIN BOARD SWEEPSTAKES (page 141)

Enter beginning 12:01 a.m. (ET) April 6, 2015, through 11:59 p.m. (ET) on June 6, 2015. One (1) Winner(s) will receive a trip for two to Lake Morey Resort in Vermont for four nights, including daily breakfast and dinner, one round of golf for two and use of seasonal amenities. (Total ARV: \$2,200.) TRANSPORTATION NOT PROVIDED. Prize redeemable May 2015 through October 2015 and May 2016 through October 2016.

RECIPE MAKEOVER SWEEPSTAKES (page 160)

There are two (2) ways to enter April 6, 2015, at 12:01 a.m. (ET) through May 6, 2015, at 11:59 p.m. (ET): (i) Go to womansday.com/makeover, vote for the recipe you would like to be reinvented and complete and submit the entry form pursuant to the on-screen instructions; or (ii) Wireless Entries: Download the Woman's Day Access WD app by visiting the App Store, Amazon Marketplace or Google Play. Then use your Internet-enabled mobile phone to scan the appropriate Digimarc-enhanced *Woman's Day* icon, vote for the recipe you would like to be reinvented and complete and submit the entry form pursuant to the on-screen instructions. PLEASE NOTE THAT YOUR ENTRY WILL NOT BE COMPLETED UNTIL YOU HAVE COMPLETED THE OFFICIAL ENTRY FORM AND ENTERED YOUR CONTACT INFORMATION. One (1) Winner will receive \$250 and a copy of *Woman's Day Easy Everyday Dinners*. (ARV: \$16.95. Total ARV: \$266.95.) Important Notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of eligible entries received. Must be 21 years or older and be a legal resident of the 50 United States, the District of Columbia or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at womansday.com/makeover.

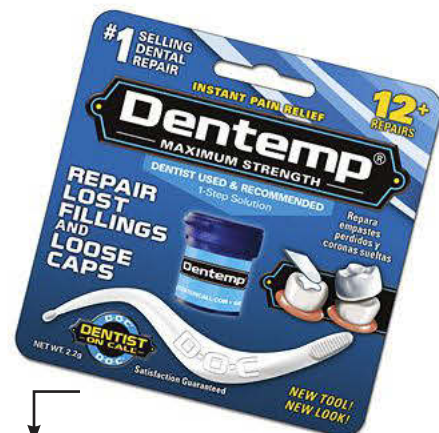
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FROM THE WOMAN'S DAY ARCHIVES MAY 1961

Red Salsa

See page 159 for recipe.

THEN

The original recipe used canned chiles and peppers.

NOW

We hit the produce aisle and added fresh red peppers and jalapeños.

THEN

A good dose of olive oil was added to the 1961 version, raising the calorie count and dulling the flavor.

NOW

We replaced the oil with fresh lime juice to brighten the taste and lighten up the salsa.

THEN

In 1961, the salsa had to sit for 2 hours before serving to allow the flavors to mellow.

NOW

Because our veggies are charred, we were able to omit this step so you can dive right in. Bring on the chips!

VOTE TO WIN!

Which classic WD recipe do you want us to update in the magazine? Either snap on the tag (right) or go to womansday.com/makeover to vote.

- **Baked Noodles Romanoff**
June 1967
- **Pimiento Mac & Cheese**
February 1961
- **Skillet Bacon Mac & Cheese**
June 1961



One lucky voter will win \$250 and a copy of *Woman's Day Easy Everyday Dinners*. Get the WD app, page 22.

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